



Pumpkin Walnut Cake

READY IN



70 min.

SERVINGS



18

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 4 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.9 cup butter softened
- ☐ 0.5 teaspoon salt
- ☐ 2 cups walnuts chopped

- ☐ 1 cup sugar white
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

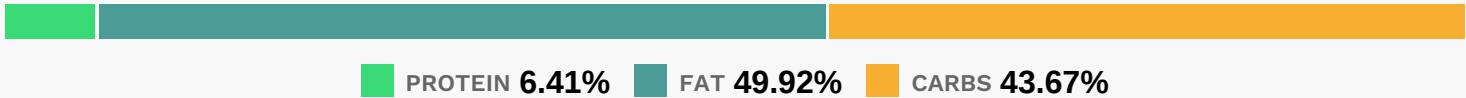
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking pan.
- ☐ In a large bowl, mix pumpkin puree, evaporated milk, eggs, sugar, cinnamon, nutmeg, allspice, and salt.
- ☐ Transfer mixture to the prepared pan.
- ☐ Pour dry yellow cake mix over the mixture, sprinkle with walnuts, and drizzle with melted margarine.
- ☐ Bake 35 minutes in the preheated oven. Reduce heat to 325 degrees F (165 degrees C), and continue baking 15 minutes, until a toothpick inserted in the center of the cake comes out clean.

Nutrition Facts



Properties

Glycemic Index:10.01, Glycemic Load:7.96, Inflammation Score:-10, Nutrition Score:11.726956434872%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg

Nutrients (% of daily need)

Calories: 362.25kcal (18.11%), Fat: 20.71g (31.86%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 40.75g (13.58%), Net Carbohydrates: 38.77g (14.1%), Sugar: 26.68g (29.65%), Cholesterol: 42.09mg (14.03%), Sodium: 414.3mg (18.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.97%), Vitamin A: 4174.61IU (83.49%), Manganese: 0.56mg (28.06%), Phosphorus: 204.52mg (20.45%), Calcium: 141.5mg (14.15%), Copper: 0.26mg (13.25%), Vitamin B2: 0.21mg (12.47%), Folate: 41.47µg (10.37%), Magnesium: 35.33mg (8.83%), Vitamin B1: 0.13mg (8.73%), Iron: 1.53mg (8.52%), Fiber: 1.98g (7.93%), Selenium: 5.12µg (7.32%), Vitamin E: 1.08mg (7.23%), Vitamin B6: 0.13mg (6.65%), Potassium: 198.85mg (5.68%), Vitamin B5: 0.56mg (5.59%), Zinc: 0.8mg (5.35%), Vitamin K: 5.15µg (4.9%), Vitamin B3: 0.95mg (4.75%), Vitamin B12: 0.16µg (2.64%), Vitamin C: 1.59mg (1.92%), Vitamin D: 0.22µg (1.44%)