



## Spicy Cinnamon Cake

READY IN



67 min.

SERVINGS



15

CALORIES



251 kcal

DESSERT

### Ingredients

- 0.5 cup corn oil
- 4 eggs beaten
- 2 teaspoons ground cinnamon
- 4 vanilla pudding mix instant
- 0.5 cup pecans chopped
- 1 cup cup heavy whipping cream sour
- 18 ounce spice cake mix
- 5 tablespoons sugar

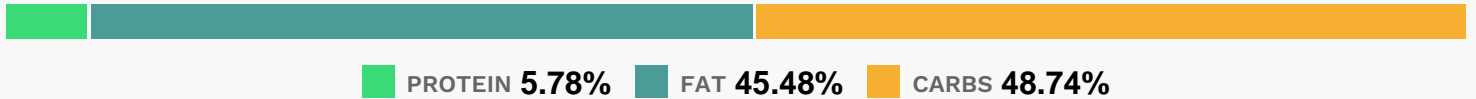
## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 350 degrees F.
- Grease a 10-inch tube pan.
- Combine cake mix, instant pudding, sour cream, eggs, and corn oil and beat together well. In a separate bowl, combine sugar, cinnamon, and pecans.
- Pour half of batter into prepared pan and sprinkle with sugar mixture, reserving a little to sprinkle on top.
- Pour the rest of batter into pan and sprinkle with the rest of sugar mixture.
- Bake 1 hour.
- Let cool and remove from pan.

## Nutrition Facts



## Properties

Glycemic Index:5.67, Glycemic Load:2.81, Inflammation Score:-2, Nutrition Score:5.638260802497%

## Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## Nutrients (% of daily need)

Calories: 251.18kcal (12.56%), Fat: 12.91g (19.86%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 31.13g (10.38%), Net Carbohydrates: 30.06g (10.93%), Sugar: 20.78g (23.09%), Cholesterol: 52.69mg (17.56%), Sodium: 246.68mg (10.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Manganese: 0.4mg (20.22%), Phosphorus: 122.01mg (12.2%), Iron: 1.93mg (10.73%), Vitamin B1: 0.15mg (9.83%), Vitamin B2: 0.17mg (9.8%), Selenium: 5.06µg (7.22%), Copper: 0.14mg (6.99%), Folate: 24.6µg (6.15%), Calcium: 59.3mg (5.93%), Potassium: 167.54mg (4.79%), Vitamin B3: 0.94mg (4.68%), Fiber: 1.07g (4.28%), Magnesium: 14.64mg (3.66%), Vitamin E: 0.53mg (3.52%), Vitamin B5: 0.34mg (3.44%), Zinc: 0.49mg (3.3%), Vitamin A: 162.73IU (3.25%), Vitamin K: 3.28µg (3.13%), Vitamin B6: 0.05mg (2.41%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.23µg (1.56%)