



Super Bowl Pumpkin Spice Cake

READY IN



45 min.

SERVINGS



16

CALORIES



483 kcal

DESSERT

Ingredients

- ☐ 0.3 cup beer
- ☐ 1 cup confectioners' sugar sifted
- ☐ 32 oz cream cheese softened
- ☐ 1 chocolate football candy
- ☐ 3 large eggs
- ☐ 2 hershey's hugs
- ☐ 0.3 teaspoon orange and food coloring green yellow
- ☐ 22 peanut m&m's in 2 colors
- ☐ 6 pretzel sticks

- ☐ 15 oz pumpkin pie filling canned
- ☐ 18.3 oz spice cake mix
- ☐ 0.3 lb butter unsalted softened
- ☐ 1 teaspoon vanilla extract

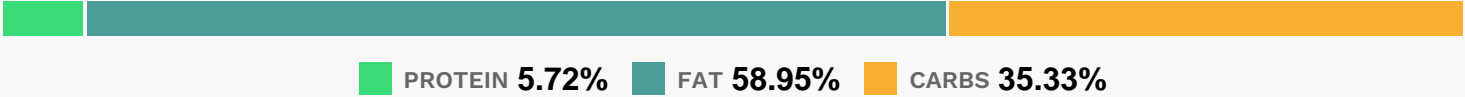
Equipment

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

Directions

- ☐ Preheat oven to 350F. Grease and flour a 9-by-13- inch baking pan; set aside.
- ☐ Combine cake ingredients in large bowl.
- ☐ Mix on low speed for 30 seconds; scrape sides of bowl. Beat on medium-high speed for 2 minutes.
- ☐ Spread batter in pan.
- ☐ Bake until a toothpick inserted in center comes out clean, 32 to 35 minutes. Cool on a rack for 10 minutes. Turn cake out onto rack and cool completely.
- ☐ Beat together cream cheese, butter, confectioners' sugar and vanilla until smooth and fluffy. Set aside 3 (1/4-cup) portions of frosting. Leave 1 white. Tint 1 with yellow food coloring and another with orange. Tint remaining frosting with green food coloring; spread evenly over cooled cake.
- ☐ Spoon white frosting into a pastry bag fitted with a small, round tip.
- ☐ Spread yellow frosting over 1 "end zone" and orange frosting over other. Pipe yard lines and end zone lines on cake. Use remaining frosting to write names of teams in end zones.
- ☐ Use frosting and 3 pretzels to construct each "goal post"; stick a goal post in each end zone. Arrange "players," "refs" and "ball."

Nutrition Facts



Properties

Glycemic Index:11.73, Glycemic Load:1.2, Inflammation Score:-9, Nutrition Score:10.853043597677%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 482.98kcal (24.15%), Fat: 32.09g (49.37%), Saturated Fat: 17.07g (106.67%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 40.15g (14.6%), Sugar: 25.04g (27.82%), Cholesterol: 107.43mg (35.81%), Sodium: 463.37mg (20.15%), Alcohol: 0.28g (100%), Alcohol %: 0.24% (100%), Protein: 7g (14.01%), Vitamin A: 3196.27IU (63.93%), Manganese: 0.37mg (18.69%), Phosphorus: 178.57mg (17.86%), Vitamin B2: 0.29mg (17.16%), Selenium: 9.12µg (13.02%), Iron: 2.32mg (12.91%), Fiber: 3.13g (12.52%), Calcium: 105.43mg (10.54%), Folate: 39.51µg (9.88%), Vitamin B1: 0.14mg (9.5%), Vitamin B5: 0.89mg (8.88%), Copper: 0.17mg (8.25%), Potassium: 263.36mg (7.52%), Vitamin B3: 1.26mg (6.31%), Magnesium: 24.99mg (6.25%), Vitamin B6: 0.11mg (5.57%), Vitamin E: 0.83mg (5.51%), Zinc: 0.7mg (4.65%), Vitamin B12: 0.23µg (3.77%), Vitamin K: 3.92µg (3.73%), Vitamin D: 0.29µg (1.96%), Vitamin C: 1mg (1.21%)