

Sweet-Potato Layer Cake with Orange-Cream Cheese Frosting







DESSERT

Ingredients

2 teaspooris double-acting baking powder
2 teaspoons baking soda
3 cups cake flour
0.3 cup candied orange peel sliced
8 ounce cream cheese room temperature
0.7 cup cranberries dried
4 large eggs

1 cup brown sugar packed ()

	2 teaspoons ground cinnamon	
	0.3 teaspoon ground cloves	
	1 teaspoon ground ginger	
	2 tablespoons orange juice concentrate frozen thawed	
	7.8 cups powdered sugar sifted	
	2 pounds sweet potatoes and into (3 medium)	
	0.5 teaspoon salt	
	3 tablespoons sugar	
	0.5 cup butter unsalted room temperature (1 stick)	
	0.5 teaspoon vanilla extract	
	1 cup vegetable oil	
	0.7 cup walnut pieces toasted chopped	
Equipment		
Ш	bowl	
	frying pan	
	baking sheet	
	oven	
	whisk	
	sieve	
	hand mixer	
Directions		
	Preheat oven to 400°F. Pierce potatoes with fork; place on small baking sheet. Roast potatoes until soft, about 1 hour. Cool, peel, and mash potatoes. Measure 2 cups mashed potatoes; cool to lukewarm (reserve any remaining potatoes for another use). Reduce oven temperature to 350°F.	
	Butter and flour two 9-inch-diameter cake pans with 2-inch-high sides; line pans with parchment. Sift flour and next 6 ingredients into medium bowl.	
	Combine oil, 1 cup sugar, and brown sugar in large bowl; whisk until smooth.	

Whisk in eggs 1 at a time, then mashed sweet potatoes.
Whisk in flour mixture in 3 additions. Stir in 2/3 cup walnuts and 2/3 cup cranberries. Divide batter between prepared pans.
Bake cakes until tester inserted into center comes out clean, about 30 minutes. Cool cakes completely in pans on racks.
Using electric mixer, beat cream cheese and butter in large bowl until fluffy. Beat in powdered sugar, scraping down bowl often. Beat in orange juice concentrate and vanilla.
Cut around pan sides; turn out cakes. Peel off parchment.
Place 1 cake layer, flat side up, on platter.
Spread 3/4 cup frosting over. Top with second cake layer, flat side down.
Spread remaining frosting over top and sides of cake.
Combine orange peel, 3 tablespoons sugar, remaining 1/4 cup walnuts, and 1/4 cup cranberries in small bowl. Stir to coat with sugar.
Transfer to sieve; sift off excess sugar.
Sprinkle fruit and nut mixture decoratively atop cake. Chill until frosting sets, at least 2 hours. (Can be made 1 day ahead. Cover with cake dome; keep chilled.
Let stand at room temperature 1 hour before serving.)
Nutrition Facts
PROTEIN 4.43% FAT 25.79% CARBS 69.78%
FROIEIN 4.43/0 FAI 23.13/0 CARDS 03.10/0

Properties

Glycemic Index:28.26, Glycemic Load:24.83, Inflammation Score:-10, Nutrition Score:15.853043525115%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 829.73kcal (41.49%), Fat: 24.29g (37.38%), Saturated Fat: 10.26g (64.1%), Carbohydrates: 147.9g (49.3%), Net Carbohydrates: 143.8g (52.29%), Sugar: 108.95g (121.06%), Cholesterol: 101.42mg (33.81%), Sodium: 486.84mg

(21.17%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 9.4g (18.79%), Vitamin A: 11318.34IU (226.37%), Manganese: 0.85mg (42.43%), Selenium: 20.9μg (29.85%), Fiber: 4.1g (16.4%), Phosphorus: 161.91mg (16.19%), Copper: 0.31mg (15.72%), Vitamin B6: 0.26mg (13.1%), Vitamin B2: 0.22mg (12.92%), Calcium: 124.84mg (12.48%), Vitamin B5: 1.21mg (12.07%), Potassium: 415.91mg (11.88%), Magnesium: 44.65mg (11.16%), Vitamin K: 10.12μg (9.63%), Vitamin E: 1.39mg (9.27%), Folate: 36.95μg (9.24%), Iron: 1.6mg (8.91%), Vitamin B1: 0.13mg (8.37%), Zinc: 1.05mg (7%), Vitamin C: 5.5mg (6.67%), Vitamin B3: 0.95mg (4.73%), Vitamin B12: 0.21μg (3.43%), Vitamin D: 0.48μg (3.17%)