



Sweet Potato Sheet Cake

READY IN



100 min.

SERVINGS



12

CALORIES



488 kcal

DESSERT

Ingredients

- ☐ 1 medium cranberry-orange relish
- ☐ 1 box cake mix yellow
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 1 cup sweet potatoes and into cooked mashed
- ☐ 1 cup milk
- ☐ 0.3 cup vegetable oil
- ☐ 3 eggs
- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup butter softened

- ☐ 2.5 cups powdered sugar
- ☐ 1 teaspoon orange extract
- ☐ 1 serving orange zest grated

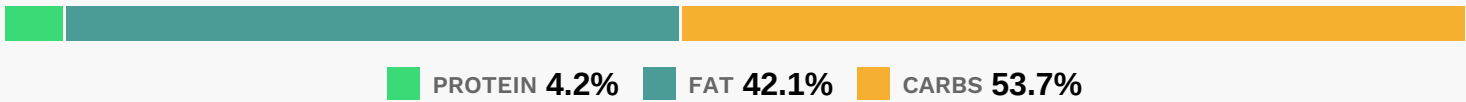
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Spray bottom only of 15x10x1-inch pan with cooking spray.
- ☐ Grate peel from orange to get about 1 1/2 tablespoons; set aside for Icing. Squeeze orange to get 1/3 to 1/2 cup juice.
- ☐ Place juice in large bowl.
- ☐ To bowl with orange juice, add remaining Cake ingredients. Beat with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour batter into pan.
- ☐ Bake 18 to 22 minutes or until toothpick inserted in center comes out clean. Cool completely on cooling rack, at least 1 hour.
- ☐ In medium bowl, beat Icing ingredients until smooth.
- ☐ Spread onto cake. Store cake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:17.96, Glycemic Load:2.18, Inflammation Score:-8, Nutrition Score:9.4365216649097%

Flavonoids

Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 488kcal (24.4%), Fat: 23.18g (35.67%), Saturated Fat: 11.05g (69.06%), Carbohydrates: 66.53g (22.18%), Net Carbohydrates: 65.26g (23.73%), Sugar: 46.35g (51.5%), Cholesterol: 82.78mg (27.59%), Sodium: 463.95mg (20.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Vitamin A: 2184.55IU (43.69%), Phosphorus: 205.71mg (20.57%), Calcium: 154.5mg (15.45%), Vitamin B2: 0.24mg (14.22%), Vitamin K: 13.83µg (13.17%), Folate: 41.33µg (10.33%), Selenium: 7.09µg (10.13%), Vitamin E: 1.46mg (9.71%), Vitamin B1: 0.14mg (9.33%), Vitamin C: 7.51mg (9.11%), Manganese: 0.17mg (8.67%), Iron: 1.28mg (7.11%), Vitamin B5: 0.64mg (6.4%), Vitamin B3: 1.16mg (5.79%), Vitamin B6: 0.11mg (5.4%), Vitamin B12: 0.31µg (5.14%), Fiber: 1.27g (5.07%), Potassium: 155.09mg (4.43%), Magnesium: 14.49mg (3.62%), Copper: 0.07mg (3.42%), Zinc: 0.5mg (3.32%), Vitamin D: 0.44µg (2.96%)