



Sweet Potato Sheet Cake with Bacon Cream Cheese Frosting

READY IN



125 min.

SERVINGS



24

CALORIES



275 kcal

Ingredients

- 1.5 teaspoons apple pie spice
- 0.7 cup brown sugar packed
- 0.3 cup butter softened
- 7 slices bacon crumbled cooked
- 8 oz cream cheese softened
- 3 eggs
- 0.8 cup milk
- 0.5 cup pecans coarsely chopped
- 2.5 cups powdered sugar

- 1.5 cups sweet potatoes and into cooked mashed
- 0.5 teaspoon vanilla
- 0.3 cup vegetable oil
- 1 box cake mix yellow

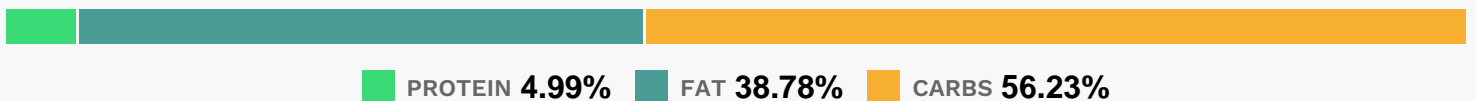
Equipment

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

Directions

- Heat oven to 350F. Lightly grease 13x9-inch pan with shortening or cooking spray.
- In large bowl, beat cake mix, milk, oil, eggs, sweet potatoes and apple pie spice with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes.
- Pour into pan.
- Bake 34 to 38 minutes or until toothpick inserted in center comes out clean. Cool in pan on cooling rack, about 1 hour.
- In medium bowl, beat cream cheese and butter with electric mixer on medium speed 2 minutes or until creamy. Beat in powdered sugar, brown sugar and vanilla. Stir in bacon. Frost cake.
- Sprinkle with pecans. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:5.5947826401047%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 274.78kcal (13.74%), Fat: 12.04g (18.52%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 39.27g (13.09%), Net Carbohydrates: 38.52g (14.01%), Sugar: 28.68g (31.87%), Cholesterol: 38.31mg (12.77%), Sodium: 258.21mg (11.23%), Alcohol: 0.03g (100%), Alcohol %: 0.04% (100%), Protein: 3.49g (6.97%), Vitamin A: 1409.81IU (28.2%), Phosphorus: 115.7mg (11.57%), Manganese: 0.19mg (9.63%), Calcium: 78.04mg (7.8%), Vitamin B2: 0.12mg (7.3%), Selenium: 4.8µg (6.85%), Vitamin K: 6.86µg (6.53%), Vitamin B1: 0.09mg (6.22%), Folate: 19.66µg (4.91%), Vitamin E: 0.71mg (4.73%), Vitamin B3: 0.85mg (4.24%), Iron: 0.76mg (4.23%), Vitamin B6: 0.07mg (3.68%), Vitamin B5: 0.37mg (3.68%), Copper: 0.07mg (3.4%), Fiber: 0.74g (2.98%), Potassium: 100.49mg (2.87%), Zinc: 0.42mg (2.77%), Magnesium: 10.91mg (2.73%), Vitamin B12: 0.16µg (2.7%), Vitamin D: 0.2µg (1.35%)