



Too Cool For School Pumpkin Spice Cake

READY IN



120 min.

SERVINGS



10

CALORIES



411 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 14.5 ounce pumpkin pure canned
- 4 eggs
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 0.5 cup brown sugar light
- 0.5 cup pecans chopped to taste
- 0.5 cup vegetable oil

18.3 ounce duncan hines classic decadent cake mix yellow

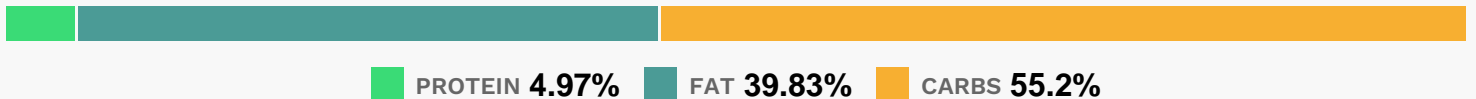
Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- hand mixer
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Grease a fluted tube pan (such as a Bundt®).
- Place cake mix into a large mixing bowl. Beat in pumpkin, 3/4 cup brown sugar, vegetable oil, cinnamon, allspice, and nutmeg with an electric mixer until cake mix is moistened, about 1 minute. Beat in eggs; continue beating batter for 2 more minutes.
- Pour batter into prepared tube pan.
- Melt butter with 1/2 cup brown sugar in a saucepan over low heat until brown sugar has dissolved; stir in pecans. Spoon half the pecan mixture over the cake batter.
- Bake cake in the preheated oven until lightly browned at the edges and a toothpick inserted into the center of the cake comes out clean, about 1 hour.
- Cool cake in pan for 15 to 20 minutes, then invert cake onto serving platter. Allow cake to cool completely before drizzling the remaining half of the pecan topping over the cake.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.05, Inflammation Score:-10, Nutrition Score:13.340434789658%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 410.67kcal (20.53%), Fat: 18.57g (28.56%), Saturated Fat: 7.97g (49.8%), Carbohydrates: 57.9g (19.3%), Net Carbohydrates: 55.43g (20.16%), Sugar: 34.73g (38.59%), Cholesterol: 89.87mg (29.96%), Sodium: 479.86mg (20.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Vitamin A: 6780.36IU (135.61%), Manganese: 0.46mg (22.83%), Phosphorus: 228.23mg (22.82%), Calcium: 148.14mg (14.81%), Vitamin B2: 0.23mg (13.72%), Vitamin K: 13.19µg (12.56%), Folate: 50.12µg (12.53%), Iron: 2.2mg (12.22%), Vitamin B1: 0.17mg (11.55%), Selenium: 7.58µg (10.83%), Vitamin E: 1.62mg (10.79%), Fiber: 2.47g (9.9%), Copper: 0.17mg (8.31%), Vitamin B3: 1.45mg (7.24%), Vitamin B5: 0.7mg (6.97%), Magnesium: 24.9mg (6.22%), Vitamin B6: 0.11mg (5.48%), Potassium: 175.06mg (5%), Zinc: 0.7mg (4.69%), Vitamin B12: 0.23µg (3.79%), Vitamin D: 0.35µg (2.35%), Vitamin C: 1.83mg (2.22%)