



Vegan Pumpkin Bundt Cake

 Vegetarian  Vegan  Dairy Free

READY IN



105 min.

SERVINGS



18

CALORIES



245 kcal

DESSERT

Ingredients

- 2 teaspoons apple cider vinegar
- 2 teaspoons double-acting baking powder
- 2 teaspoons baking soda
- 3.5 cups barley flour
- 0.5 cup canola oil
- 0.5 cup coconut sugar
- 0.8 cup golden raisins
- 1 teaspoon ground allspice

- 4 teaspoons ground cinnamon
- 0.8 teaspoon ground cloves
- 2 teaspoons ground ginger
- 0.5 cup maple syrup
- 0.3 teaspoon nutmeg grated
- 1.5 cups pecans
- 1.5 cups pumpkin puree
- 1 teaspoon salt
- 1.5 cups soymilk
- 4 teaspoons vanilla extract

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack
- toothpicks
- spatula
- kugelhopf pan

Directions

- Set the oven at 350 degrees. Oil the bundt pan and dust lightly with flour.
- Place pecans on a baking sheet, and toast for 10 minutes. Cool completely, and chop roughly. Cover raisins with boiling water, and let soak for 25 minutes.
- Drain and set aside. In a bowl, whisk together pumpkin, oil, syrup, soymilk, vinegar, and vanilla. In a large bowl, use a clean whisk to mix date sugar, flour, baking soda, baking powder, spices, and salt. Using a rubber spatula, fold the pumpkin mixture into the dry ingredients. When the dry ingredients are halfway incorporated, add the raisins and the chopped pecans. Continue

folding just until the mixture comes together; do not overmix.

- Pour batter into prepared pan. Smooth the top with a rubber spatula.
- Bake for 45 minutes, rotating the cake from front to back after 20 minutes, or until a toothpick inserted into the center comes out clean. Cool in the pan for 15 minutes. Invert the cake onto a wire rack, and continue cooling.
- Transfer to a plate, and dust with powdered sugar.
- Serve warm or at room temperature.

Nutrition Facts

PROTEIN 7.59% **FAT 28.83%** **CARBS 63.58%**

Properties

Glycemic Index: 27.16, Glycemic Load: 21.39, Inflammation Score: -9, Nutrition Score: 13.373043478261%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Taste

Sweetness: 93.68%, Saltiness: 6.51%, Sourness: 8.07%, Bitterness: 6.92%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 245.39kcal (12.27%), Fat: 8.17g (12.57%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 40.53g (13.51%), Net Carbohydrates: 35.59g (12.94%), Sugar: 13.71g (15.23%), Cholesterol: 0mg (0%), Sodium: 320.68mg (13.94%), Alcohol: 0.31g (1.7%), Protein: 4.84g (9.67%), Vitamin A: 3261.5IU (65.23%), Manganese: 1.13mg (56.66%), Fiber: 4.94g (19.75%), Selenium: 11.89µg (16.98%), Vitamin B3: 2.74mg (13.68%), Copper: 0.27mg (13.51%), Phosphorus: 132.89mg (13.29%), Vitamin B2: 0.22mg (12.97%), Vitamin B1: 0.19mg (12.34%), Magnesium: 47.71mg (11.93%), Vitamin B6: 0.21mg (10.55%), Calcium: 93.13mg (9.31%), Iron: 1.63mg (9.05%), Vitamin E: 1.23mg (8.23%), Potassium: 266.53mg (7.62%), Zinc: 1.13mg (7.56%), Vitamin K: 5.55µg (5.28%), Vitamin B12: 0.21µg (3.54%), Folate: 13.18µg (3.29%), Vitamin C: 2.62mg (3.18%), Vitamin B5: 0.21mg (2.06%), Vitamin D: 0.24µg (1.57%)