



White Pumpkin Cakes

 Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



376 kcal

DESSERT

Ingredients

- 1 cup apple cider
- 2 cups confectioners' sugar
- 14 ounce pumpkin bread mix quick (recommended: Pillsbury)
- 2 large eggs
- 2 tablespoons orange liqueur
- 10 servings sanding sugar white
- 3 tablespoons vegetable oil

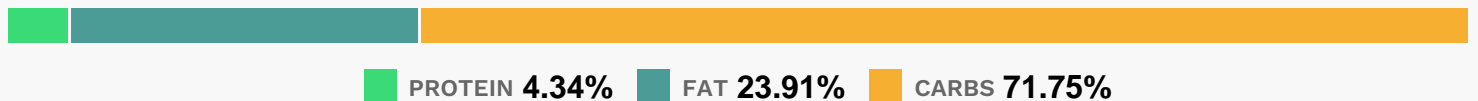
Equipment

- bowl
- frying pan
- oven
- whisk
- toothpicks
- ziploc bags
- kitchen scissors
- kugelhopf pan

Directions

- Preheat oven to 375 degrees F. Spray a 6 count "muffin" Bundt pan and a 12-count "brownie" Bundt pan with nonstick cooking spray. If you do not have bunt pans regular muffin pans can be used. Blend quick bread mix with water or apple cider, oil and eggs. Blend until smooth.
- Pour batter into pans.
- Bake until golden and toothpick inserted in center comes out clean. 12 to 14 minutes for "brownie" pan, 15 to 18 minutes for "muffin" pan.
- Transfer to a rack and cool completely. ;
- For the icing:In a large bowl, combine the confectioners' sugar, the orange liquor and blend with a whisk until smooth.
- Transfer icing to a large re-sealable plastic bag and snip the corner of the bag off with a pair of scissors.
- Drizzle the icing over each cake and sprinkle with sanding sugar.

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:9.44, Inflammation Score:-2, Nutrition Score:5.715217370054%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 375.92kcal (18.8%), Fat: 9.95g (15.31%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 67.19g (22.4%), Net Carbohydrates: 64.57g (23.48%), Sugar: 46.79g (51.99%), Cholesterol: 37.99mg (12.66%), Sodium: 340.25mg (14.79%), Alcohol: 0.78g (100%), Alcohol %: 0.85% (100%), Protein: 4.06g (8.13%), Phosphorus: 215.71mg (21.57%), Vitamin B1: 0.18mg (11.9%), Fiber: 2.63g (10.51%), Folate: 41.61µg (10.4%), Vitamin B2: 0.16mg (9.7%), Vitamin K: 9.52µg (9.06%), Selenium: 5.54µg (7.92%), Manganese: 0.15mg (7.36%), Vitamin B3: 1.36mg (6.78%), Iron: 1.22mg (6.77%), Vitamin B6: 0.07mg (3.6%), Vitamin B5: 0.36mg (3.55%), Vitamin E: 0.5mg (3.36%), Calcium: 30.5mg (3.05%), Magnesium: 12mg (3%), Zinc: 0.36mg (2.43%), Potassium: 84.1mg (2.4%), Copper: 0.05mg (2.37%), Vitamin B12: 0.12µg (2.08%), Vitamin A: 99.88IU (2%), Vitamin D: 0.2µg (1.33%)