



## Winter Squash-Spice Bundt Cake

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



232 kcal

DESSERT

### Ingredients

- 1.5 pound acorn squash
- 0.5 cup apple sauce
- 0.5 cup egg substitute
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoon nutmeg
- 1 cup raisins
- 2.8 cups self raising flour divided

- 1.5 cups sugar
- 0.3 cup vegetable oil

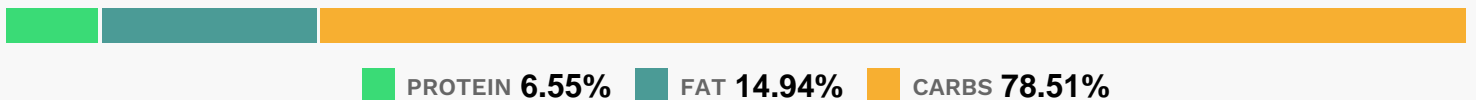
## Equipment

- frying pan
- oven
- wire rack
- baking pan
- kugelhopf pan

## Directions

- Cut squash in half; discard seeds and membrane.
- Place squash halves, cut sides down, in an 11- x 7-inch baking dish.
- Add water to a depth of 1/4 inch.
- Bake at 375 for 35 to 45 minutes or until tender; cool slightly.
- Scoop out and mash pulp; discard shells.
- Toss together 1/4 cup flour and raisins. Set aside.
- Combine remaining 2 1/2 cups flour, cinnamon, nutmeg, and cloves; set aside.
- Combine squash pulp, sugar, and next 3 ingredients; stir in flour mixture until blended. Stir in raisins.
- Pour into a 12-cup Bundt pan coated with vegetable cooking spray.
- Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes.
- Remove from pan, and cool completely.
- Sprinkle with powdered sugar, if desired.

## Nutrition Facts



## Properties

Glycemic Index:16.93, Glycemic Load:27.03, Inflammation Score:-3, Nutrition Score:5.3443478384744%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 231.63kcal (11.58%), Fat: 3.98g (6.12%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 47.01g (15.67%), Net Carbohydrates: 45.05g (16.38%), Sugar: 19.68g (21.87%), Cholesterol: 0mg (0%), Sodium: 19.71mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Selenium: 12.04µg (17.2%), Manganese: 0.33mg (16.58%), Fiber: 1.97g (7.87%), Potassium: 267.42mg (7.64%), Vitamin B1: 0.1mg (6.56%), Vitamin C: 5.29mg (6.41%), Vitamin K: 6.51µg (6.2%), Magnesium: 23.52mg (5.88%), Vitamin B6: 0.1mg (5.16%), Iron: 0.92mg (5.13%), Copper: 0.1mg (5.05%), Phosphorus: 49.14mg (4.91%), Vitamin B2: 0.07mg (4.04%), Folate: 16.14µg (4.03%), Vitamin B5: 0.4mg (3.97%), Vitamin A: 176.18IU (3.52%), Vitamin E: 0.5mg (3.36%), Vitamin B3: 0.63mg (3.17%), Calcium: 27.64mg (2.76%), Zinc: 0.34mg (2.26%)