



 **13%**
HEALTH SCORE

Zucchini Pumpkin Cake

 Vegetarian

READY IN



80 min.

SERVINGS



10

CALORIES



870 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 1 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 1 cup brown sugar
- 1 cup brown sugar
- 4 tablespoons butter
- 1 cup pumpkin puree canned
- 1.5 teaspoons cinnamon

- 3 ounces cream cheese room temperature
- 4 eggs
- 3 cups flour
- 1.5 teaspoons ginger
- 0.8 teaspoon nutmeg fresh
- 1 cup pinenuts
- 1 cup pinenuts toasted
- 8 ounces powdered sugar
- 1 cup raisins
- 1 cup salad oil
- 1 teaspoon salt
- 10 servings cream sour
- 1 cup sugar
- 2 teaspoons vanilla
- 0.3 teaspoon vanilla extract
- 2 cups zucchini grated

Equipment

- food processor
- bowl
- frying pan
- oven
- toothpicks

Directions

- Grease and flour 2 9 inch cake pans or 10x13 pan and set aside.Preheat oven to 350 degrees.Beat eggs to blend, add oil, sugar and vanilla.Continue beating until thick and foamy.Stir in zucchini and pumpkin.

- Mix remaining ingredients in a separate bowl. Stir dry mixture gently into zucchini mixture just until blended.
- Bake for 45 minutes or until toothpick inserted in center comes out clean. Top with cream cheese frosting. **CREAM CHEESE FROSTING:** Put Frosting ingredients in food processor and mix till creamy add sour cream to make it creamier if necessary. Press pine nuts into sides of cake. Eat Away!

Nutrition Facts



■ **PROTEIN 5.2%**
■ **FAT 35.21%**
■ **CARBS 59.59%**

Properties

Glycemic Index: 47.79, Glycemic Load: 41.12, Inflammation Score: -10, Nutrition Score: 24.498695891836%

Flavonoids

Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 869.7kcal (43.48%), Fat: 35.14g (54.06%), Saturated Fat: 8.19g (51.21%), Carbohydrates: 133.78g (44.59%), Net Carbohydrates: 129.62g (47.14%), Sugar: 88.31g (98.12%), Cholesterol: 93.18mg (31.06%), Sodium: 606.98mg (26.39%), Alcohol: 0.38g (100%), Alcohol %: 0.17% (100%), Protein: 11.67g (23.34%), Manganese: 2.85mg (142.45%), Vitamin A: 4295.37IU (85.91%), Selenium: 20.57µg (29.39%), Vitamin B1: 0.44mg (29.23%), Phosphorus: 290.24mg (29.02%), Vitamin E: 4.06mg (27.04%), Copper: 0.54mg (26.89%), Iron: 4.78mg (26.57%), Vitamin B2: 0.44mg (25.94%), Magnesium: 99.45mg (24.86%), Folate: 97.66µg (24.42%), Vitamin K: 23.74µg (22.61%), Vitamin B3: 3.86mg (19.29%), Zinc: 2.49mg (16.63%), Fiber: 4.15g (16.61%), Potassium: 552.19mg (15.78%), Calcium: 119.96mg (12%), Vitamin B6: 0.18mg (9.13%), Vitamin B5: 0.83mg (8.29%), Vitamin C: 6.61mg (8.01%), Vitamin B12: 0.21µg (3.5%), Vitamin D: 0.35µg (2.35%)