

Pumpkin Cake

Makes
15 servings

Prep time
25 minutes

Cook time
25 minutes

Low in
Sodium

Ingredients:

3 tbsp. butter, unsalted
 1/3 cup sugar, white
 1/3 cup sugar, brown, packed
 1 large egg
 1 tsp. ground ginger
 1/4 tsp. ground cinnamon
 1/4 tsp. ground nutmeg (optional)
 1/4 tsp. salt
 1 1/2 tsp. baking powder
 1/2 tsp. baking soda, low sodium
 3/4 cup pumpkin puree, canned
 1 1/4 cup whole wheat flour
 3/4 cup non-fat / skim milk
 Cooking spray

Nutrition Facts

15 servings per container
Serving size 2-inch piece (49g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 90mg	4%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 142mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. Preheat oven to 360 degrees F.
2. In a mixing bowl, cream together the butter, white sugar and brown sugar until smooth.
3. Add the egg, ground ginger, ground cinnamon, nutmeg (optional), salt, baking soda and baking powder and continue mixing.
4. Add the pumpkin puree and mix until a smooth, creamy mixture is achieved.
5. Sift the flour and add to the batter. Using a spatula, gently fold the flour into the batter.
6. Add the milk and continue to mix until milk is absorbed in the batter.
7. Lightly coat a small 9 x 9 baking pan and pour the cake batter in the baking pan.
8. Bake for 30-35 minutes or until center of cake is cooked thoroughly.

