

Pumpkin Cake



Makes:

10 servings

Utensil:

12" Electric Oil Core Skillet

large mixing bowl

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3

cups

flour

(375

g)

1

teaspoon

baking soda

(5

mL)

1

teaspoon

salt

(5

mL)

3

teaspoons

cinnamon

(15

mL)

2

cups

pumpkin, cooked or canned

(490

g)

1

cup
sugar (or 2 teaspoons/10 mL stevia)
(200
g)
4
eggs

Directions:

1. In a large mixing bowl, combine all dry ingredients.
2. Add pumpkin and eggs. Blend well to combine.
3. Line the electric skillet with parchment paper. Pour batter into skillet and cover. Set temperature to 305°F/150°C and bake for 50 minutes.
4. If desired, spread a thin layer of frosting over cake before serving.

Nutritional Information per Serving

Calories:

261

Total Fat:

3g

Saturated Fat:

1g

Cholesterol:

85mg

Sodium:

390mg

Total Carbs:

53g

Dietary Fiber:

3g

Sugar:

22g

Protein:

7g

Frosting not included in nutrition analysis