

Glazed Chocolate-Pumpkin Bundt Cake

Ingredients

Cake:

1 cup all-purpose flour
 ¾ cup whole wheat pastry flour
 1 cup granulated sugar
 ¾ cup unsweetened cocoa powder
 1 ½ tsp baking powder
 1 ½ tsp baking soda
 1 tsp pumpkin pie spice
 ¼ tsp salt
 1 cup nonfat buttermilk

1 15oz can unsweetened pumpkin puree
 ¾ cup dark brown sugar, packed
 1 large egg, at room temperature
 1 large egg white, at room temperature
 ¼ cup canola oil
 ¼ cup light corn syrup
 1 tbsp vanilla extract

Glaze & Garnish:

½ cup packed confectioners' sugar
 1 tbsp nonfat buttermilk
 2 tbsp mini chocolate chips, or toasted, chopped nuts

Preparation

1. To prepare cake: Preheat oven to 350°F. Coat a 12-cup bundt pan with cooking spray.
2. Whisk all-purpose flour, whole-wheat flour, granulated sugar, cocoa, baking powder, baking soda, pumpkin pie spice and salt in a medium bowl.
3. Blend 1 cup buttermilk, pumpkin puree and brown sugar in a large bowl with an electric mixer on low speed. Beat in whole egg and egg white. Stir in oil, corn syrup and vanilla. Gradually add the dry ingredients, stirring until just combined. Transfer the batter to the prepared pan.
4. Bake the cake until a wooden skewer inserted in the centre comes out with only a few moist crumbs attached, 1 to 1 ¼ hours. Let cool on a wire rack for 15 minutes. Remove from the pan and let cool completely on a wire rack for 15 minutes. Remove from the pan and let cool completely on the rack, about 2 hours.
5. To glaze & garnish cake: Combine confectioners' sugar and 1 tbsp buttermilk in a small bowl, stirring until completely smooth. Place the cake on a serving plate and drizzle the glaze over the top; garnish with chocolate chips or nuts while the glaze is still moist. Serves 16.

Nutrition (per serving):

234 calories
 5g fat (1g sat, 3g mono)
 13mg cholesterol
 46g carbohydrates
 4g protein
 3g fibre
 238mg sodium
 159mg potassium



Source: www.eatingwell.com