# Glazed Chocolate-Pumpkin Bundt Cake

**16 servings**

**Active Time:** 30 minutes

**Total Time:** 3 1/2 hours (including cooling time)

**Ingredients**

**Cake**

* 1 cup all-purpose, flour
* 3/4 cup whole-wheat pastry flour
* 1 cup granulated sugar
* 3/4 cup unsweetened cocoa powder, (not Dutch-process)
* 1 1/2 teaspoons baking powder
* 1 1/2 teaspoons baking soda
* 1 teaspoon pumpkin pie spice
* 1/4 teaspoon salt
* 1 cup nonfat buttermilk
* 1 15-ounce can unsweetened pumpkin puree
* 3/4 cup dark brown sugar, packed
* 1 large egg, at room temperature
* 1 large egg white, at room temperature
* 1/4 cup canola oil
* 1/4 cup light corn syrup
* 1 tablespoon vanilla extract

**Glaze & Garnish**

* 1/2 cup packed confectioners' sugar
* 1 tablespoon nonfat buttermilk
* 2 tablespoons mini chocolate chips, or toasted chopped nuts (see Tip)

**More Healthy Recipe Ideas**

* [Spring Cake Recipes](http://www.eatingwell.com/recipes_menus/recipe_slideshows/spring_cake_recipes)
* [Sweet Cherry Recipes](http://www.eatingwell.com/recipes_menus/recipe_slideshows/sweet_cherry_recipes)
* [Healthy Recipes with Flax Seed](http://www.eatingwell.com/recipes_menus/recipe_slideshows/healthy_recipes_with_flax_seed)
* [Easy Cake Recipes](http://www.eatingwell.com/recipes_menus/recipe_slideshows/easy_cake_recipes)

1. **You Might Also Like** 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 center comes out with only a few moist crumbs attached, 1 to 1 1/4 hours. Let cool on a wire rack for 15 minutes. Remove from the pan and let cool completely on the rack, about 2 hours.
5. To glaze &amp; garnish cake: Combine confectioners' sugar and 1 tablespoon 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 chopped nuts) while the glaze is still moist.

**Tips & Notes**

* **Make Ahead Tip**: Prepare through Step 4 up to 1 day ahead. Glaze and garnish (Step 5) shortly before serving. Equipment: 12-cup Bundt pan
* **Tips:** To warm an egg to room temperature, either set it out on the counter for 15 minutes or submerge it (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.
* **To toast chopped nuts & seeds:** Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.
* [Chocolate Bundt Cake](http://www.eatingwell.com/recipes/chocolate_bundt_cake.html)
* [Dark Cherry Bundt Cake](http://www.eatingwell.com/recipes/dark_cherry_bundt_cake.html)
* [Glazed Cheesecake with Fruit](http://www.eatingwell.com/recipes/glazed_cheesecake_with_fruit.html)
* [Essential EatingWell Chocolate Bundt Cake](http://www.eatingwell.com/recipes/essential_eatingwell_chocolate_bundt_cake.html)
* [Chocolate-Orange Flan](http://www.eatingwell.com/recipes/chocolate_orange_flan.html)

**Preparation**

**Nutrition**

**Per serving:** 234 calories; 5 g fat ( 1 g sat , 3 g mono ); 13 mg cholesterol; 46 g carbohydrates; 4 g protein; 3 g fiber; 238 mg sodium; 159 mg potassium.

**Carbohydrate Servings:** 3

**Exchanges:** 3 other carbohydrate, 1 fat

