



# PINTO BEAN CAKE



## A MonsterChef Recipe

This is a hearty recipe for a delicious cake that also contains protein and fiber in addition to carbohydrates. The texture and taste is similar to carrot cake.

A serving is approximately 700 calories (If you cut it into 14 pieces and eat only one piece. If you really want to eat the whole cake, it is just over 10,000 calories. You can reduce the calories and adjust some of the fat to a healthier type by experimenting with ingredients. I have marked the ingredients that can be easily adjusted.

### Ingredients for cake:

- 1 Cup Sugar (substitute with Splenda – holds up well for baking)
- 1/4 Cup Shortening (substitute with canola oil – use a little less)
- 1 Egg (substitute with egg white only or none at all)
- 1 & 1/2 Cups Flour (Try 1cup flour and 1/3 cup uncooked oatmeal)
- 2 Cups Cooked and Mashed Pinto Beans
- 2 Cups Diced Raw Apples (skins can be left on)
- 1 Cup Walnuts
- 1/2 Teaspoon Baking Soda
- 1/2 Teaspoon Salt (reduce to 1/4 teaspoon)
- 1/2 Teaspoon Ground Cloves
- 1/2 Teaspoon Allspice
- 1 Teaspoon Cinnamon
- 1 Cup Raisins
- 1 Teaspoon Vanilla

### Ingredients for topping:

- 6 Ounce Cream Cheese (substitute with light or non-fat Cream Cheese)
- 2 Pounds Confectioner's Powdered Sugar (I think there is a powdered version of Splenda)
- 1/2 Pound Margarine (Substitute with a soft type like Smart Balance, Healthy Choice, etc.)
- 1 Cup Walnuts

## Directions for the cake:

Preheat Oven to 350 degrees. Cream the sugar and shortening (blended together). Add the egg to the cream and sugar mixture and stir in.

In a separate bowl, sift together all the dry ingredients. Add the creamed mixture and stir in until smooth. Stir in mashed pinto beans, chopped apples, raisins, chopped walnuts and vanilla.

Pour into greased and floured loaf or cake pan (Use PAM or a floured baking spray – uses less fat/grease)

Bake at 350 degrees for 1 hour 15 minutes or until toothpick comes out clean.

Allow the cake to cool for ½ hour before putting the topping on it.

## Directions for the topping:

Blend cream cheese, powdered sugar, margarine and chopped walnuts (save a few chopped walnuts so they can be sprinkled on the top after topping is on the cake). Evenly spread the topping on top of the cake. Sprinkle some finely chopped walnuts on top of the frosting.

Keep the cake in a refrigerator until time to serve it.

## Serving suggestions:

This cake will slice best if thoroughly cooled before cutting. Tip: Use a sharp knife and dip the knife in a container of hot water between cutting each slice (this will ensure a clean cut without the gummed up bludgeoning effect on the slices).

Only slice the amount to be used right away. Cover and refrigerate the rest.

## Nutritional Information

Serving Size: 1 slice		Nutrition Facts			
Number of Servings: 14					
Amount Per Serving		Vitamin A	15 %	Vitamin C	3 %
<b>Calories</b>	696	Calcium	5 %	Iron	12 %
Calories from Fat	250	Vitamin D	0 %	Vitamin E	6 %
% Daily Value*		Thiamin	15 %	Riboflavin	11 %
<b>Fat</b> 29 g	44 %	Niacin	6 %	Folic Acid	5 %
Saturated Fat 6 g	32 %	Vitamin B-6	9 %	Food Folate	16 %
Polyunsaturated Fat 13 g		Phosphorus	14 %	Total Folate	22 %
Monounsaturated Fat 8 g		Selenium	12 %	Vitamin B-12	2 %
<b>Cholesterol</b> 28 mg	9 %	Magnesium	12 %	Manganese	43 %
<b>Sodium</b> 293 mg	12 %	Zinc	7 %	Copper	19 %
<b>Potassium</b> 315 mg	9 %	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
<b>Carbohydrate</b> 107 g	36 %				
Dietary Fiber 5 g	18 %				
<b>Protein</b> 8 g	16 %				