Pumpkin-Spice Bundt Cake

Makes 16 servings.

The rum glaze will seep into the cake if it's spooned over it while the cake is still warm.

3¼ cups all-purpose flour
1 tablespoon baking powder
2½ teaspoons ground cinnamon
1 teaspoon baking soda
1 teaspoon ground nutmeg
¼ teaspoon salt
1½ cups fresh or canned pumpkin puree
½ cup applesauce
1½ cups sugar
½ cup stick margarine, softened
3 large egg whites
2 teaspoons vanilla extract
Cooking spray
3 tablespoons dark or light brown sugar
1 tablespoon dark rum
1 teaspoon skim milk
3 tablespoons confectioners' sugar

■ Heat oven to 350 degrees.
■ Combine flour, baking powder, cinnamon, baking soda, nutmeg and salt; set aside. Combine pumpkin and applesauce; set aside.
■ Beat sugar and margarine in a large bowl at medium speed of a mixer until well-blended (about 5 minutes). Add egg whites and vanilla, beating well. Add flour mixture to sugar mixture alternately with pumpkin mixture, beginning and ending with flour mixture.
■ Pour batter into a 12-cup Bundt pan coated with cooking spray. Bake for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes; remove from pan.
■ Combine brown sugar, rum, and milk in a small saucepan, and cook over low heat until sugar dissolves. Remove sugar mixture from heat, and add confectioners' sugar, stirring with a whisk. Spoon glaze over warm cake.
■ **Approximate nutrients per serving:** 248 calories, 22 percent calories from fat, 4 grams protein, 45 grams carbohydrate, 6 grams fat, 0 cholesterol, 194 milligrams sodium, 1.2 grams fiber, 4.5 grams unsaturated fat, 1.2 grams saturated fat.

Notes: