



Apple-Ginger Snack Cake

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



472 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon cinnamon
- ☐ 1 cup confectioners' sugar sifted
- ☐ 6 ounces cream cheese at room temperature
- ☐ 0.3 cup crystallized ginger chopped
- ☐ 2 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 2 lb granny smith apples cored peeled chopped

- ☐ 2 teaspoons ground ginger
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 8 tablespoons butter unsalted melted (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped

Equipment

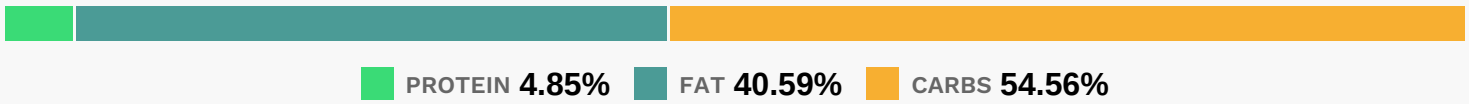
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Make cake: Preheat oven to 350F. Mist a 9-by-13-inch baking pan with cooking spray.
- ☐ Spread nuts in a single layer on a baking sheet; bake until lightly toasted, 5 to 7 minutes, stirring halfway through. In a bowl, mix flour, baking soda, cinnamon, ginger and salt.
- ☐ In a large bowl, whisk butter, sugar, eggs and vanilla. Stir flour mixture into butter mixture. Fold in apples and walnuts. (Batter will be very thick.)
- ☐ Spread batter in pan.

- ☐
- Bake until a toothpick inserted in center comes out clean, 45 to 50 minutes.
- ☐
- Place on a wire rack and let cake cool completely.
- ☐
- Make frosting: In a mixing bowl, using an electric mixer on medium-high speed, beat cream cheese and butter. Beat in lemon juice. Reduce speed to low, then add confectioners' sugar gradually. Fold in zest.
- ☐
- Spread frosting on cake; sprinkle with ginger.

Nutrition Facts



Properties

Glycemic Index:19.09, Glycemic Load:32.06, Inflammation Score:-5, Nutrition Score:8.7534781435262%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 471.72kcal (23.59%), Fat: 21.92g (33.73%), Saturated Fat: 9.78g (61.12%), Carbohydrates: 66.31g (22.1%), Net Carbohydrates: 63.12g (22.95%), Sugar: 45.81g (50.9%), Cholesterol: 70.4mg (23.47%), Sodium: 345.05mg (15%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 5.9g (11.8%), Manganese: 0.65mg (32.44%), Selenium: 11.84µg (16.91%), Vitamin B1: 0.22mg (14.52%), Folate: 56.07µg (14.02%), Vitamin B2: 0.22mg (12.94%), Fiber: 3.19g (12.76%), Vitamin A: 570.52IU (11.41%), Copper: 0.22mg (11.07%), Phosphorus: 99.92mg (9.99%), Iron: 1.61mg (8.94%), Vitamin B3: 1.47mg (7.35%), Magnesium: 27.31mg (6.83%), Vitamin B6: 0.12mg (5.94%), Vitamin C: 4.8mg (5.81%), Potassium: 188.38mg (5.38%), Vitamin E: 0.7mg (4.7%), Zinc: 0.69mg (4.58%), Vitamin B5: 0.42mg (4.2%), Calcium: 41.36mg (4.14%), Vitamin K: 3.18µg (3.03%), Vitamin D: 0.34µg (2.28%), Vitamin B12: 0.13µg (2.09%)