



Applesauce Ginger Cake with Maple Glaze



Vegetarian



Vegan



Dairy Free

READY IN



55 min.

SERVINGS



9

CALORIES



238 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 tablespoon cornstarch
- ☐ 0.8 ounce candied ginger chopped (candied)
- ☐ 1.5 teaspoon ground ginger
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup ground ginger
- ☐ 2 cups pastry flour whole wheat white

- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2.3 cups apple sauce unsweetened
- ☐ 1 teaspoon vanilla extract

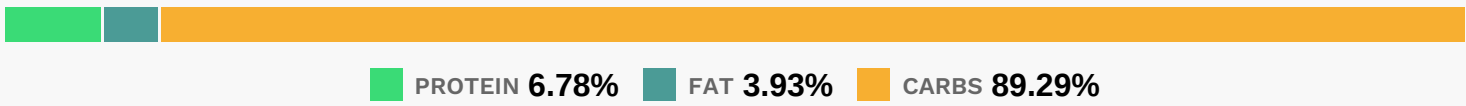
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Mix the dry ingredients together; then add the applesauce, lemon juice, and vanilla extract. Stir until combined but don't over-stir.
- ☐ Pour into prepared pan and bake for 45-60 minutes. Test by inserting a toothpick into the center; it's done when the toothpick comes out perfectly clean.
- ☐ Combine the maple syrup, 1 teaspoon cornstarch, and generous pinch of powdered ginger in a small saucepan and mix well. Bring to a boil over medium-high heat, stirring constantly. Boil for 1 minute.
- ☐ Remove from heat and allow to cool and thicken. (You can put the pan in a bowl of cold water to speed up cooling.) When the glaze has thickened but is still pourable, drizzle it over the cake.
- ☐ Serve immediately, garnished with strips of candied ginger, if desired.

Nutrition Facts



Properties

Glycemic Index:8.34, Glycemic Load:15.52, Inflammation Score:-3, Nutrition Score:11.033913081107%

Flavonoids

Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 237.87kcal (11.89%), Fat: 1.1g (1.69%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 56.1g (18.7%), Net Carbohydrates: 51.53g (18.74%), Sugar: 30.14g (33.49%), Cholesterol: 0mg (0%), Sodium: 376.74mg (16.38%), Alcohol: 0.15g (100%), Alcohol %: 0.16% (100%), Protein: 4.26g (8.52%), Manganese: 3.42mg (171.08%), Selenium: 20.68µg (29.55%), Fiber: 4.57g (18.28%), Iron: 2.49mg (13.86%), Magnesium: 53.39mg (13.35%), Phosphorus: 110.2mg (11.02%), Vitamin B1: 0.15mg (10.23%), Vitamin B3: 2.04mg (10.21%), Vitamin B6: 0.17mg (8.46%), Copper: 0.16mg (8.1%), Potassium: 236.44mg (6.76%), Zinc: 0.97mg (6.46%), Vitamin B2: 0.08mg (4.65%), Folate: 14.8µg (3.7%), Vitamin B5: 0.22mg (2.21%), Calcium: 20.96mg (2.1%), Vitamin E: 0.29mg (1.95%), Vitamin C: 1.31mg (1.58%)