



Boscobel Beach Ginger Cake

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



535 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 1.3 cups brown sugar packed
- ☐ 1 cup butter
- ☐ 4 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup ginger root fresh grated
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 4 teaspoons ground ginger

- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

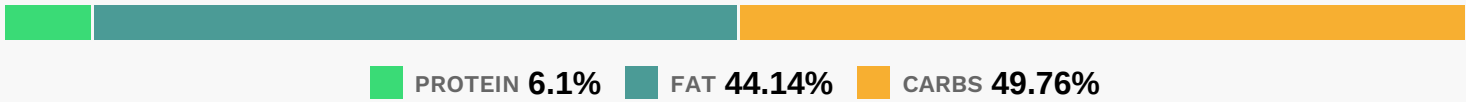
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch Bundt pan. Sift together the flour, baking powder, ground ginger, cinnamon and salt. Set aside.
- ☐ In a large bowl, cream together the butter and brown sugar until light and fluffy. Beat in the eggs one at a time, then stir in the grated ginger root and vanilla. Beat in the flour mixture alternately with the milk, mixing just until incorporated.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 45 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- ☐ Let cool in pan for 10 minutes, then turn out onto a serving plate. Dust lightly with confectioners' sugar before serving.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:22.7, Inflammation Score:-6, Nutrition Score:11.976086894455%

Nutrients (% of daily need)

Calories: 535.2kcal (26.76%), Fat: 26.53g (40.82%), Saturated Fat: 15.93g (99.59%), Carbohydrates: 67.3g (22.43%), Net Carbohydrates: 65.84g (23.94%), Sugar: 35.17g (39.08%), Cholesterol: 146.51mg (48.84%), Sodium: 593.77mg (25.82%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 8.25g (16.5%), Manganese: 0.7mg (35.14%), Selenium: 21.87µg (31.24%), Vitamin B1: 0.34mg (22.35%), Calcium: 214.08mg (21.41%), Folate: 83.5µg (20.88%), Vitamin B2: 0.35mg (20.51%), Vitamin A: 878.71IU (17.57%), Phosphorus: 171.53mg (17.15%), Iron: 2.92mg (16.2%), Vitamin B3: 2.53mg (12.65%), Vitamin B5: 0.71mg (7.11%), Vitamin B12: 0.41µg (6.81%), Vitamin E: 0.94mg (6.3%), Fiber: 1.46g (5.84%), Magnesium: 22.81mg (5.7%), Potassium: 198.87mg (5.68%), Vitamin D: 0.78µg (5.17%), Zinc: 0.77mg (5.15%), Copper: 0.1mg (5.1%), Vitamin B6: 0.1mg (5%), Vitamin K: 2.39µg (2.28%)