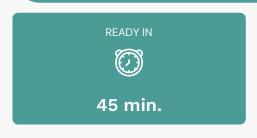


Brown Sugar-Ginger Cream Cake







DESSERT

Ingredients

0.3 teaspoon salt

1.5 teaspoons double-acting baking powder
O.8 cup cake flour
1 cup t brown sugar dark organic
2 eggs at room temperature
0.8 cup flour all-purpose
1.5 teaspoons ground ginger
1 cup cup heavy whipping cream
O.1 teaspoon pepper freshly ground

	1 teaspoon vanilla extract	
Equipment		
	bowl	
	frying pan	
	baking paper	
	oven	
	whisk	
	loaf pan	
	hand mixer	
	springform pan	
Directions		
	Butter and flour a loaf pan or an 8-inch springform pan. If using a loaf pan, line the bottom and ends with parchment paper. Preheat the oven to 350°F.	
	Combine the flours, baking powder, and salt in a large bowl and whisk them together. Make a well in the middle.	
	Using the whisk attachment of an electric mixer, beat the eggs until foamy, then add the cream, sugar, and flavorings. Beat until you have what looks like soft whipped cream. (If using maple sugar, the cream may not thicken, but the cake will still work.)	
	Pour the mixture into the center of the flour mixture and whisk together just until well combined and free of lumps. Scrape the batter into the pan and even it out.	
	Bake until a cake tester comes out clean, 50 to 60 minutes.	
	Let cool for 15 minutes, then remove the rim or turn the cake out of the pan and remove the paper. Cool before slicing.	
	Taste	
	Book, using the USDA Nutrition Database	
Nutrition Facts		
PROTEIN 6.3% FAT 34.91% CARBS 58.79%		

Properties

Glycemic Index:33.25, Glycemic Load:12.17, Inflammation Score:-4, Nutrition Score:5.7765217851038%

Nutrients (% of daily need)

Calories: 309.51kcal (15.48%), Fat: 12.11g (18.63%), Saturated Fat: 7.24g (45.27%), Carbohydrates: 45.9g (15.3%), Net Carbohydrates: 45.24g (16.45%), Sugar: 27.73g (30.81%), Cholesterol: 74.54mg (24.85%), Sodium: 184.15mg (8.01%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Protein: 4.92g (9.83%), Selenium: 13.44µg (19.2%), Manganese: 0.32mg (16.2%), Vitamin B2: 0.17mg (10.13%), Vitamin A: 497.24IU (9.94%), Calcium: 96.87mg (9.69%), Phosphorus: 81.3mg (8.13%), Folate: 32µg (8%), Vitamin B1: 0.11mg (7.47%), Iron: 1.23mg (6.82%), Vitamin D: 0.7µg (4.64%), Vitamin B3: 0.91mg (4.53%), Vitamin B5: 0.39mg (3.86%), Copper: 0.06mg (3.25%), Potassium: 110.55mg (3.16%), Magnesium: 12.51mg (3.13%), Vitamin E: 0.44mg (2.96%), Zinc: 0.42mg (2.79%), Fiber: 0.66g (2.64%), Vitamin B6: 0.05mg (2.62%), Vitamin B12: 0.15µg (2.42%), Vitamin K: 1.11µg (1.06%)