



Brown Sugar–Ginger Cream Cake

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.8 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
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

☐ 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



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%)