



Chai Cake

 Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



368 kcal

DESSERT

Ingredients

- ☐ 2 orange zest sweet with orange rind and spices flavored
- ☐ 0.7 cup water boiling
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground cardamom

- ☐ 0.3 teaspoon ground cloves
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 1 teaspoon vanilla
- ☐ 1 serving ground cinnamon
- ☐ 2 tablespoons butter
- ☐ 1.5 cups powdered sugar
- ☐ 2 tablespoons freshly tea prepared
- ☐ 1 teaspoon vanilla
- ☐ 0.3 teaspoon ground cinnamon

Equipment

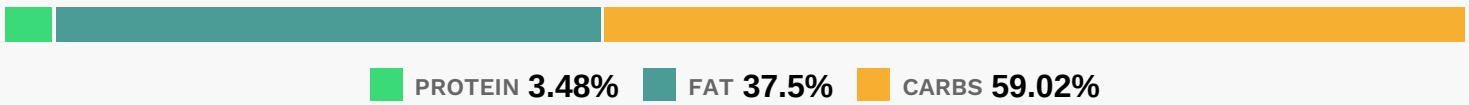
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ measuring cup

Directions

- ☐ Heat oven to 350°F. Line bottom and side of round pan, 8x1 1/2 inches, with cooking parchment paper. Grease paper with shortening; lightly flour.
- ☐ Place tea bags in boiling water in measuring cup; let stand 5 minutes.
- ☐ Remove tea bags, squeezing liquid into measuring cup.

- ☐
- Add enough water to tea to measure 2/3 cup. Measure 1/2 cup tea for cake; reserve 2 tablespoons tea for glaze.
- ☐
- In medium bowl, mix flour, baking powder, 1 teaspoon cinnamon, the salt, ginger, cardamom and cloves; set aside. In large bowl, beat granulated sugar and 1/2 cup butter with electric mixer on medium speed, scraping bowl occasionally, until fluffy. Beat in eggs and 1 teaspoon vanilla until smooth and blended. Gradually beat in flour mixture alternately with 1/2 cup tea until smooth.
- ☐
- Pour into pan.
- ☐
- Bake 28 to 33 minutes or until toothpick inserted in center of cake comes out clean. Cool 10 minutes; remove from pan to wire rack. Cool completely, about 1 hour.
- ☐
- Meanwhile, in 1-quart saucepan, melt 2 tablespoons butter over medium heat. Stir in all remaining ingredients until smooth.
- ☐
- Spread Chai Glaze over top of cooled cake, allowing some to drizzle down side.
- ☐
- Sprinkle with additional cinnamon.

Nutrition Facts



Properties

Glycemic Index:32.14, Glycemic Load:21.91, Inflammation Score:-5, Nutrition Score:5.3008695776048%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg Thearubigins: 3.01mg, Thearubigins: 3.01mg, Thearubigins: 3.01mg, Thearubigins: 3.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 367.68kcal (18.38%), Fat: 15.53g (23.89%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 54.97g (18.32%), Net Carbohydrates: 53.88g (19.59%), Sugar: 40.94g (45.49%), Cholesterol: 40.92mg (13.64%), Sodium: 337.07mg (14.66%), Alcohol: 0.34g (100%), Alcohol %: 0.38% (100%), Protein: 3.24g (6.49%), Manganese: 0.3mg (14.8%), Vitamin A: 706.46IU (14.13%), Selenium: 9.01µg (12.87%), Vitamin B1: 0.13mg (8.86%), Folate: 35.08µg (8.77%), Vitamin B2: 0.15mg (8.62%), Calcium: 70.21mg (7.02%), Iron: 1.12mg (6.25%), Phosphorus: 60.52mg (6.05%), Vitamin C: 4.15mg (5.03%), Vitamin B3: 0.98mg (4.91%), Vitamin E: 0.7mg (4.66%), Fiber: 1.09g (4.35%), Vitamin B5: 0.27mg (2.7%), Copper: 0.04mg (2.16%), Vitamin B12: 0.12µg (1.93%), Zinc: 0.29mg (1.9%), Magnesium: 7.36mg (1.84%), Vitamin B6: 0.03mg (1.72%), Potassium: 54.11mg (1.55%), Vitamin D: 0.22µg (1.47%)