



## Chai-Spiced Tea Cakes

 Dairy Free

READY IN



130 min.

SERVINGS



16

CALORIES



264 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup water boiling
- ☐ 4 ginger tea bags black
- ☐ 0.5 cup water
- ☐ 1 box cake mix yellow
- ☐ 0.5 cup vegetable oil
- ☐ 3 eggs
- ☐ 2 teaspoons sugar
- ☐ 0.5 teaspoon ground cardamom

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon nutmeg
- ☐ 16 oz fluffy frosting white

## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ ziploc bags
- ☐ microwave
- ☐ measuring cup

## Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans). Grease or spray bottoms and sides of two 8- or 9-inch round cake pans. In 2-cup measuring cup, pour boiling water over tea bags.
- ☐ Let steep 3 to 4 minutes. Discard tea bags.
- ☐ Add 1/2 cup water to tea to make 1 cup.
- ☐ In large bowl, beat cake mix, oil, eggs and tea mixture with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pans.
- ☐ In small bowl, mix sugar, cardamom, cinnamon, cloves and nutmeg; sprinkle over batter in pans. Pull knife through batter in swirl design.
- ☐ Bake as directed on box for 8- or 9-inch rounds. Cool 15 minutes. Run knife around sides of pans to loosen cakes. On serving plates, place each cake, top side down; gently brush off excess crumbs. Cool completely, about 1 hour.
- ☐ In small microwavable bowl, microwave frosting uncovered on High 10 to 15 seconds or until thin enough to drizzle.
- ☐ Place in small resealable food-storage plastic bag; cut off tiny corner of bag.

Drizzle frosting over cakes. Store loosely covered.

# Nutrition Facts



## Properties

Glycemic Index:12.07, Glycemic Load:8.63, Inflammation Score:-1, Nutrition Score:4.0056521434175%

## Nutrients (% of daily need)

Calories: 263.78kcal (13.19%), Fat: 7.66g (11.78%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 46.56g (15.52%), Net Carbohydrates: 46.11g (16.77%), Sugar: 32.42g (36.02%), Cholesterol: 30.69mg (10.23%), Sodium: 299.97mg (13.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Phosphorus: 121.86mg (12.19%), Vitamin B2: 0.2mg (11.66%), Calcium: 75.22mg (7.52%), Folate: 28.15µg (7.04%), Vitamin K: 7.22µg (6.87%), Vitamin E: 0.93mg (6.22%), Manganese: 0.11mg (5.61%), Vitamin B1: 0.08mg (5.4%), Selenium: 3.54µg (5.05%), Iron: 0.88mg (4.89%), Vitamin B3: 0.82mg (4.1%), Vitamin B5: 0.26mg (2.6%), Vitamin B6: 0.04mg (1.97%), Fiber: 0.46g (1.82%), Vitamin B12: 0.11µg (1.76%), Copper: 0.03mg (1.62%), Zinc: 0.22mg (1.48%), Magnesium: 4.97mg (1.24%), Vitamin D: 0.17µg (1.1%), Potassium: 37.62mg (1.07%)