



Chai-Spiced Tea Cakes

 Dairy Free

READY IN



130 min.

SERVINGS



16

CALORIES



193 kcal

DESSERT

Ingredients

- 0.5 cup creamy peanut butter white
- 3 eggs
- 0.5 teaspoon ground cardamom
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon nutmeg
- 2 teaspoons sugar
- 4 ginger tea bags black

- 0.5 cup vegetable oil
- 0.5 cup water
- 0.5 cup water boiling
- 1 box cake mix yellow

Equipment

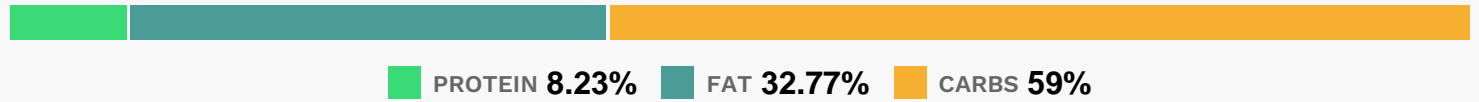
- bowl
- oven
- knife
- hand mixer
- ziploc bags
- microwave
- measuring cup

Directions

- Heat oven to 350F (325F 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:10.26, Glycemic Load:0.55, Inflammation Score:-2, Nutrition Score:4.9582608583505%

Nutrients (% of daily need)

Calories: 193.41kcal (9.67%), Fat: 7.19g (11.06%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 29.11g (9.7%), Net Carbohydrates: 28.27g (10.28%), Sugar: 15.38g (17.08%), Cholesterol: 30.69mg (10.23%), Sodium: 282.39mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Phosphorus: 144.09mg (14.41%), Manganese: 0.23mg (11.52%), Vitamin B3: 1.83mg (9.14%), Vitamin E: 1.23mg (8.23%), Folate: 32.82µg (8.2%), Calcium: 78.32mg (7.83%), Vitamin B2: 0.13mg (7.53%), Vitamin B1: 0.09mg (5.96%), Selenium: 3.84µg (5.49%), Iron: 0.98mg (5.42%), Magnesium: 18.31mg (4.58%), Vitamin B6: 0.08mg (3.76%), Vitamin K: 3.56µg (3.39%), Fiber: 0.84g (3.37%), Copper: 0.07mg (3.32%), Vitamin B5: 0.33mg (3.3%), Zinc: 0.41mg (2.71%), Potassium: 73.45mg (2.1%), Vitamin B12: 0.11µg (1.76%), Vitamin D: 0.17µg (1.1%)