



WHATSheATE



Chocolate-Ginger Pound Cake

READY IN



20 min.

SERVINGS



12

CALORIES



638 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.3 cups butter softened
- ☐ 1 cup buttermilk
- ☐ 0.5 cup crystallized ginger finely chopped
- ☐ 5 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground ginger
- ☐ 0.1 teaspoon salt
- ☐ 12 oz semisweet chocolate morsels

- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

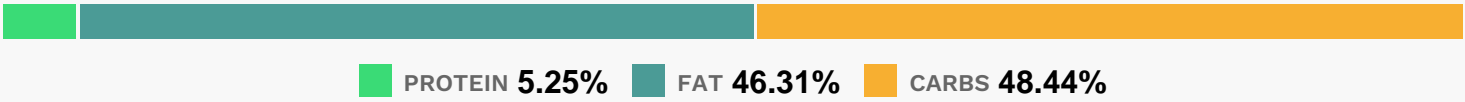
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ stand mixer
- ☐ microwave

Directions

- ☐ Place chocolate morsels in a small microwave-safe glass bowl. Microwave at HIGH 1 1/2 to 2 minutes or until melted and smooth, stirring at 30- second intervals.
- ☐ Beat butter at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add sugar, beating at medium speed until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until yellow disappears.
- ☐ Add melted chocolate, beating just until blended.
- ☐ Sift together flour and next 3 ingredients. Stir together buttermilk and crystallized ginger.
- ☐ Add flour mixture to butter mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in vanilla.
- ☐ Pour into a greased and floured 10-inch tube pan.
- ☐ Bake at 325 for 1 hour and 10 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes.
- ☐ Remove cake from pan to wire rack, and cool 1 hour or until completely cool.
- ☐ To freeze: Wrap cooled cake tightly with plastic wrap. Wrap loosely with aluminum foil. Freeze up to 1 month.

Nutrition Facts



Properties

Glycemic Index:26.51, Glycemic Load:40.92, Inflammation Score:-6, Nutrition Score:12.377391390179%

Nutrients (% of daily need)

Calories: 638.39kcal (31.92%), Fat: 33.1g (50.92%), Saturated Fat: 19.48g (121.78%), Carbohydrates: 77.9g (25.97%), Net Carbohydrates: 74.76g (27.19%), Sugar: 49.29g (54.77%), Cholesterol: 132.24mg (44.08%), Sodium: 266.94mg (11.61%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Caffeine: 24.38mg (8.13%), Protein: 8.45g (16.89%), Manganese: 0.65mg (32.65%), Selenium: 20.64µg (29.49%), Copper: 0.42mg (21.11%), Iron: 3.7mg (20.58%), Vitamin B2: 0.31mg (18.4%), Vitamin B1: 0.27mg (18.23%), Phosphorus: 178.99mg (17.9%), Folate: 68.71µg (17.18%), Magnesium: 62.23mg (15.56%), Vitamin A: 750.63IU (15.01%), Fiber: 3.14g (12.54%), Vitamin B3: 2.14mg (10.72%), Zinc: 1.35mg (8.97%), Calcium: 82.77mg (8.28%), Potassium: 259.04mg (7.4%), Vitamin E: 0.97mg (6.45%), Vitamin B5: 0.64mg (6.44%), Vitamin B12: 0.37µg (6.14%), Vitamin D: 0.68µg (4.51%), Vitamin K: 3.91µg (3.73%), Vitamin B6: 0.07mg (3.39%)