



## Cholly's World-Famous Gingerbread Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



393 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup firmly brown sugar packed
- ☐ 0.3 lb butter at room temperature
- ☐ 10 servings crème anglaise
- ☐ 1 cup blackstrap molasses dark
- ☐ 2 large eggs
- ☐ 2.5 cups flour all-purpose

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon salt

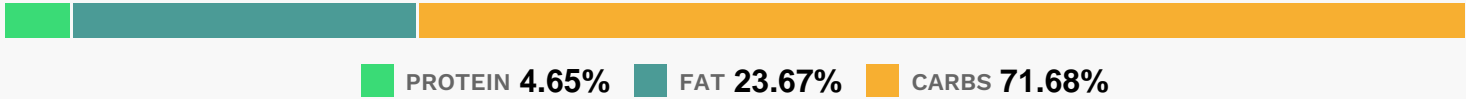
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ In a 2- to 3-quart pan over high heat, bring 1 cup water to a boil.
- ☐ Remove from heat and stir in molasses and baking soda. After mixture stops foaming, stir in 1/2 cup cold water; let cool to room temperature, stirring often, about 10 minutes.
- ☐ In a small bowl, whisk together flour, baking powder, cinnamon, ginger, salt, and cloves.
- ☐ In a large bowl, with an electric mixer on high speed, beat butter and brown sugar until well blended. Beat in eggs until blended. Reduce speed to medium-low.
- ☐ Add flour and molasses mixtures alternately until incorporated, then beat on high speed until well blended.
- ☐ Pour into a buttered and floured 9-inch square pan.
- ☐ Bake in a 325 regular or convection oven until a toothpick inserted in center of thickest part comes out clean, 45 to 50 minutes.
- ☐ Let cool in pan on a rack at least 1 1/4 hours.
- ☐ Pour about 1/4 cup crme anglaise onto each plate.
- ☐ Cut cake into pieces (see notes) and set them in sauce on plates. If desired, lightly sift cocoa and/or powdered sugar over each plate and garnish with a mint sprig. Offer remaining crme anglaise to add to taste.

# Nutrition Facts



## Properties

Glycemic Index:26.6, Glycemic Load:28.64, Inflammation Score:-6, Nutrition Score:11.625652122271%

## Nutrients (% of daily need)

Calories: 393.31kcal (19.67%), Fat: 10.5g (16.16%), Saturated Fat: 6.2g (38.77%), Carbohydrates: 71.55g (23.85%), Net Carbohydrates: 70.51g (25.64%), Sugar: 46.79g (51.99%), Cholesterol: 61.58mg (20.53%), Sodium: 459.56mg (19.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Manganese: 0.88mg (44.01%), Selenium: 20.17µg (28.81%), Magnesium: 92.85mg (23.21%), Iron: 3.58mg (19.86%), Vitamin B1: 0.26mg (17.59%), Calcium: 174.38mg (17.44%), Potassium: 575.7mg (16.45%), Folate: 62.5µg (15.62%), Vitamin B6: 0.27mg (13.39%), Vitamin B2: 0.21mg (12.07%), Copper: 0.23mg (11.45%), Vitamin B3: 2.22mg (11.09%), Phosphorus: 94.44mg (9.44%), Vitamin A: 338.37IU (6.77%), Vitamin B5: 0.6mg (6.05%), Fiber: 1.04g (4.17%), Zinc: 0.48mg (3.18%), Vitamin E: 0.4mg (2.64%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.2µg (1.33%)