



Cook the Book: Plum Biercake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



465 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup beer
- ☐ 2 teaspoons cinnamon
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground ginger
- ☐ 3 tablespoons blackstrap molasses
- ☐ 4 small plums pitted halved lengthwise cut into wedges

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 pound butter unsalted softened (1 stick)

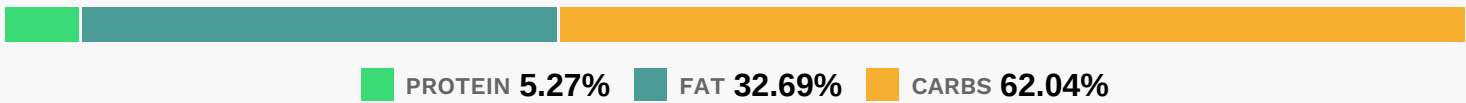
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350°F. Butter a 9-inch round (or square) baking pan or spray it with nonstick spray. Dust the pan with flour and tap out the excess.
- ☐ In a medium bowl, whisk together the flour, ginger, cinnamon, baking soda, and salt.
- ☐ In a large bowl, beat the butter and sugar with an electric mixer until light and fluffy, about 2 minutes. Beat in the egg and molasses. Alternately add the flour mixture and the beer to the butter mixture, beginning and ending with the flour. Beat just until smooth and combined.
- ☐ Pour the batter into the prepared pan. Arrange the plum slices in rows on top of the batter.
- ☐ Bake the cake for 40 minutes, or until a toothpick inserted into the center comes out clean. Cool on a wire rack, then cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:45.54, Glycemic Load:46.02, Inflammation Score:-7, Nutrition Score:11.133478294248%

Flavonoids

Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 465.38kcal (23.27%), Fat: 16.78g (25.82%), Saturated Fat: 10.06g (62.89%), Carbohydrates: 71.66g (23.89%), Net Carbohydrates: 69.48g (25.26%), Sugar: 36.98g (41.09%), Cholesterol: 71.63mg (23.88%), Sodium: 299.81mg (13.04%), Alcohol: 1.53g (100%), Alcohol %: 1.03% (100%), Protein: 6.09g (12.18%), Manganese: 0.81mg (40.3%), Selenium: 19.43µg (27.76%), Vitamin B1: 0.35mg (23.35%), Folate: 85.42µg (21.36%), Vitamin B2: 0.28mg (16.35%), Iron: 2.84mg (15.77%), Vitamin B3: 3.03mg (15.13%), Vitamin A: 671.27IU (13.43%), Magnesium: 42.01mg (10.5%), Fiber: 2.19g (8.76%), Potassium: 298.51mg (8.53%), Phosphorus: 83.23mg (8.32%), Copper: 0.15mg (7.6%), Vitamin B6: 0.14mg (6.81%), Vitamin C: 4.21mg (5.1%), Vitamin B5: 0.49mg (4.93%), Calcium: 47.92mg (4.79%), Vitamin E: 0.68mg (4.54%), Vitamin K: 4.5µg (4.29%), Zinc: 0.53mg (3.55%), Vitamin D: 0.45µg (3%), Vitamin B12: 0.11µg (1.9%)