



Delicate Chai Tea Cake

 Dairy Free

READY IN



37 min.

SERVINGS



8

CALORIES



169 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup almonds toasted sliced
- ☐ 3 spiced chai tea bags
- ☐ 2 teaspoons cornstarch
- ☐ 1 large egg white
- ☐ 1 pears ripe thinly sliced
- ☐ 2 tablespoons sugar
- ☐ 1.3 cups water

- ☐ 2 tablespoons water
- ☐ 9 ounce duncan hines classic decadent cake mix white such as Jiffy

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ cake form

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 9-inch round cake pan with cooking spray, and line with parchment paper. Set pan aside.
- ☐ Bring 1 1/3 cups water to a boil in a saucepan; remove from heat and add tea bags. Cover and let steep 2 minutes; discard tea bags.
- ☐ Remove 1/2 cup tea from pan, and pour into a shallow bowl; place in freezer 10 minutes or until cool (do not freeze). Reserve remaining tea in pan.
- ☐ Combine 2 tablespoons water and cornstarch in a small bowl; add to remaining tea in pan. Stir in sugar. Bring to a boil over medium-high heat, stirring constantly. Boil 1 minute or until mixture thickens.
- ☐ Remove from heat; stir in almond extract, and set aside.
- ☐ Combine cake mix, egg white, and 1/2 cup cooled tea. Beat with a mixer at low speed 30 seconds; beat at medium speed 3 minutes.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 for 17 minutes or until a wooden pick inserted in center comes out clean. Cool cake in pan 10 minutes on a wire rack.

- ☐
- Remove from pan, and carefully peel off parchment paper. Cool completely on a wire rack.
- ☐
- Place cake on a plate. Arrange pear slices in a spoke pattern on top. Spoon glaze over pear, allowing some to run over sides.
- ☐
- Sprinkle with almonds. Refrigerate, uncovered, until ready to serve.

Nutrition Facts



Properties

Glycemic Index:14.61, Glycemic Load:3.12, Inflammation Score:-1, Nutrition Score:4.2199999785618%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epigallocatechin: 0.23mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 169.48kcal (8.47%), Fat: 3.14g (4.83%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 33.64g (11.21%), Net Carbohydrates: 32.12g (11.68%), Sugar: 18.8g (20.88%), Cholesterol: 0mg (0%), Sodium: 230.37mg (10.02%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 2.66g (5.32%), Phosphorus: 129.28mg (12.93%), Vitamin E: 1.29mg (8.57%), Calcium: 83.8mg (8.38%), Manganese: 0.16mg (8.24%), Vitamin B2: 0.14mg (8.09%), Folate: 25.73µg (6.43%), Fiber: 1.52g (6.1%), Selenium: 3.78µg (5.4%), Vitamin B1: 0.08mg (5.33%), Vitamin B3: 0.94mg (4.7%), Copper: 0.09mg (4.6%), Iron: 0.81mg (4.51%), Magnesium: 16.33mg (4.08%), Potassium: 80.67mg (2.3%), Zinc: 0.29mg (1.97%), Vitamin K: 1.84µg (1.75%), Vitamin B5: 0.13mg (1.31%), Vitamin C: 0.96mg (1.16%), Vitamin B6: 0.02mg (1.04%)