



WHATSheATE



## Double-Ginger Cake



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



202 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons crystallized ginger chopped
- ☐ 1 large egg white
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2.5 teaspoons ground ginger

- ☐ 0.3 cup buttermilk low-fat
- ☐ 0.5 cup blackstrap molasses
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup flour whole-wheat

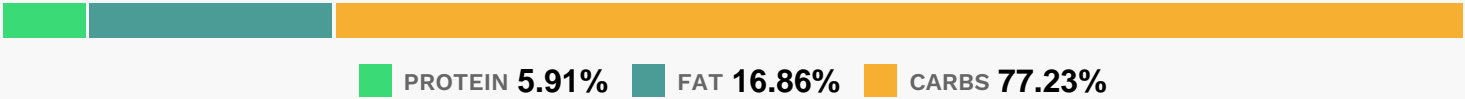
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 350
- ☐ Beat first 3 ingredients in a large bowl with a mixer at medium speed until well-blended.
- ☐ Add molasses; beat 1 minute. Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and next 4 ingredients (flours through allspice) in a small bowl, stirring well with a whisk.
- ☐ Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; beat well after each addition
- ☐ Pour batter into an 8-inch round cake pan coated with cooking spray; sharply tap pan once on counter to remove air bubbles.
- ☐ Sprinkle with crystallized ginger.
- ☐ Bake at 350 for 25 minutes or until cake springs back when touched lightly in center. Cool in pan 10 minutes on a wire rack.
- ☐ Remove from pan; serve warm.

# Nutrition Facts



## Properties

Glycemic Index:17.38, Glycemic Load:13.4, Inflammation Score:-3, Nutrition Score:8.0495652012203%

## Nutrients (% of daily need)

Calories: 202.32kcal (10.12%), Fat: 3.88g (5.96%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 38.64g (14.05%), Sugar: 24.89g (27.66%), Cholesterol: 0.4mg (0.13%), Sodium: 100.81mg (4.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Manganese: 0.95mg (47.29%), Selenium: 13.82µg (19.74%), Magnesium: 67.58mg (16.89%), Iron: 2.01mg (11.16%), Potassium: 388.34mg (11.1%), Vitamin B1: 0.14mg (9.49%), Vitamin B6: 0.19mg (9.38%), Copper: 0.16mg (7.98%), Calcium: 67.87mg (6.79%), Vitamin B3: 1.34mg (6.71%), Folate: 25.61µg (6.4%), Vitamin B2: 0.11mg (6.2%), Vitamin K: 6.48µg (6.18%), Phosphorus: 57.03mg (5.7%), Fiber: 1.3g (5.2%), Vitamin B5: 0.31mg (3.14%), Zinc: 0.41mg (2.73%), Vitamin E: 0.35mg (2.31%)