



## Double-Ginger Sour Cream and Bundt Cake with Ginger-Infused Strawberries

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



365 kcal

DESSERT

### Ingredients

- 2.3 cups flour
- 2 teaspoons double-acting baking powder
- 1 cup candied ginger chopped
- 1 large egg yolk
- 4 large eggs
- 1 piece ginger fresh peeled very thinly sliced
- 4 teaspoons ground ginger

- 2 teaspoons juice of lemon fresh
- 0.5 cup sugar raw
- 0.5 teaspoon salt
- 1 cup cream sour
- 8 cups strawberries fresh hulled halved
- 0.5 cup sugar
- 1 cup butter unsalted room temperature (2 sticks)
- 2 teaspoons vanilla extract
- 0.7 cup water

## Equipment

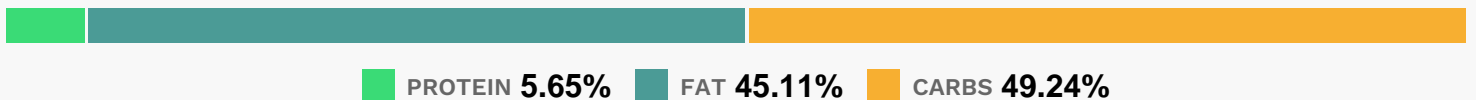
- bowl
- frying pan
- oven
- whisk
- blender

## Directions

- Position rack in center of oven and preheat to 350°F.
- Brush softened butter generously all over inside of 12-cup Bundt pan.
- Sprinkle raw sugar over butter in pan, tilting pan to coat completely.
- Whisk flour, ground ginger, baking powder, and salt in medium bowl. Using electric mixer, beat 1 cup butter in large bowl until smooth.
- Add 2 cups sugar; beat on medium-high speed until blended, about 2 minutes.
- Add eggs 1 at a time, beating well after each addition. Beat in 1 egg yolk and vanilla, stopping to scrape down bowl as needed.
- Add flour mixture in 3 additions alternately with sour cream in 2 additions, beating on low speed just until blended after each addition.
- Mix in crystallized ginger.

- Spread batter in pan, being careful not to dislodge raw sugar.
- Bake cake until top is light brown and tester inserted near center comes out with a few small crumbs attached, about 55 minutes.
- Transfer to rack; cool in pan 15 minutes. Gently tap bottom edge of pan on work surface while rotating pan until cake loosens.
- Place rack atop pan and invert cake onto rack; remove pan. Cool completely.
- Combine first 4 ingredients in small saucepan. Bring to boil over medium-high heat, stirring until sugar dissolves. Boil until mixture is reduced to scant 1 cup, about 4 minutes.
- Remove from heat; cool ginger syrup to room temperature (do not strain). DO AHEAD: Can be made 2 days ahead. Cover and chill.
- Place berries in medium bowl. Strain ginger syrup.
- Pour over berries and toss. Cover; chill at least 1 hour. DO AHEAD: Can be made 2 hours ahead. Keep chilled.
- Cut cake into slices and place on plates. Spoon berries with syrup alongside.
- Sprinkle with mint, if desired, and serve.
- \* Also called turbinado or demerara sugar; available at most supermarkets and at natural foods stores.

## Nutrition Facts



### Properties

Glycemic Index: 20.86, Glycemic Load: 18.1, Inflammation Score: -6, Nutrition Score: 11.188695617344%

### Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Pelargonidin: 20.45mg, Pelargonidin: 20.45mg, Pelargonidin: 20.45mg, Pelargonidin: 20.45mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

## **Nutrients (% of daily need)**

Calories: 365.12kcal (18.26%), Fat: 18.52g (28.49%), Saturated Fat: 10.61g (66.32%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 43.18g (15.7%), Sugar: 26.61g (29.57%), Cholesterol: 110.81mg (36.94%), Sodium: 175.24mg (7.62%), Alcohol: 0.2g (100%), Alcohol %: 0.13% (100%), Protein: 5.22g (10.44%), Vitamin C: 48.84mg (59.2%), Manganese: 0.66mg (32.92%), Selenium: 13.34µg (19.06%), Folate: 66.74µg (16.69%), Vitamin B2: 0.23mg (13.25%), Vitamin B1: 0.19mg (12.67%), Vitamin A: 612.29IU (12.25%), Phosphorus: 104.66mg (10.47%), Iron: 1.78mg (9.88%), Fiber: 2.28g (9.13%), Calcium: 81.96mg (8.2%), Vitamin B3: 1.6mg (7.99%), Potassium: 206.4mg (5.9%), Vitamin E: 0.87mg (5.82%), Vitamin B5: 0.52mg (5.24%), Magnesium: 20.82mg (5.21%), Copper: 0.09mg (4.63%), Vitamin B6: 0.09mg (4.41%), Vitamin D: 0.59µg (3.96%), Zinc: 0.56mg (3.76%), Vitamin B12: 0.21µg (3.55%), Vitamin K: 3.31µg (3.15%)