



Fig Gingerbread Cakes

 Vegetarian

READY IN



105 min.

SERVINGS



1

CALORIES



4095 kcal

DESSERT

Ingredients

- 1.3 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup butter divided at room temperature
- 0.5 teaspoon cinnamon
- 8 oz candied ginger
- 0.8 cup t brown sugar dark packed
- 1 cup figs dried chopped
- 1 large egg yolk at room temperature

- 1 cup flour
- 1 serving granulated sugar for sprinkling
- 0.3 teaspoon ground cardamom
- 0.3 teaspoon ground cloves
- 1.5 teaspoons ground ginger
- 0.3 teaspoon nutmeg
- 1.5 tablespoons milk
- 0.3 cup blackstrap molasses (not blackstrap)
- 1.5 cups powdered sugar
- 0.3 teaspoon salt
- 1.8 teaspoons vanilla extract divided

Equipment

- bowl
- oven
- knife
- whisk
- blender
- toothpicks
- spatula
- peeler

Directions

- Preheat oven to 35
- Put figs in a small bowl and pour in boiling water to cover.
- Spray pans with cooking spray. In a bowl, using a mixer on medium speed, beat brown sugar with 1/2 cup butter until fluffy and pale, then add molasses, 1 tsp. vanilla, egg, egg yolk, spices, and salt and beat well.

- Whisk flour, baking powder, and baking soda in a bowl. With mixer on low speed, gradually add flour mixture to wet mixture and beat until smooth; then beat in 3/4 cup boiling water.
- Drain figs and stir into batter.
- Divide batter among pans and bake until a toothpick inserted in centers comes out clean, 20 minutes. Cool cakes 10 minutes, then invert onto a rack, using a small spatula or knife if necessary to loosen them.
- Beat 6 tbsp. butter in a bowl until creamy, with mixer on medium speed.
- Add 1 1/2 cups powdered sugar, 3/4 tsp. vanilla, and milk and beat until smooth. You should be able to stand a spoon in it; if not, beat in a little more powdered sugar to thicken.
- Slice thin strips of ginger from discs using a vegetable peeler. Dip peeler in hot water and dry off between slices to keep ginger from sticking. You will need 70 to 100 strips to top cakes.
- Spread frosting onto cakes and arrange ginger strips in a bow pattern on tops of cakes.
- Sprinkle with sugar to finish.
- *Find Australian crystallized ginger in the baking aisle.

Nutrition Facts

■ PROTEIN **2.19%** ■ FAT **21.68%** ■ CARBS **76.13%**

Properties

Glycemic Index:480.09, Glycemic Load:131.89, Inflammation Score:-10, Nutrition Score:53.39739112232%

Nutrients (% of daily need)

Calories: 4095.14kcal (204.76%), Fat: 100.42g (154.49%), Saturated Fat: 61.04g (381.5%), Carbohydrates: 793.53g (264.51%), Net Carbohydrates: 774.18g (281.52%), Sugar: 656.92g (729.91%), Cholesterol: 430.33mg (143.44%), Sodium: 2267.43mg (98.58%), Alcohol: 2.41g (100%), Alcohol %: 0.27% (100%), Protein: 22.86g (45.72%), Manganese: 4.67mg (233.59%), Selenium: 74.24µg (106.06%), Calcium: 962.92mg (96.29%), Magnesium: 365.95mg (91.49%), Iron: 15.96mg (88.66%), Vitamin B1: 1.2mg (79.77%), Potassium: 2747.65mg (78.5%), Fiber: 19.35g (77.42%), Folate: 272.99µg (68.25%), Vitamin A: 3138.01IU (62.76%), Copper: 1.15mg (57.75%), Vitamin B2: 0.95mg (55.98%), Phosphorus: 501.94mg (50.19%), Vitamin B3: 9.69mg (48.47%), Vitamin B6: 0.95mg (47.39%), Vitamin K: 32.8µg (31.23%), Vitamin B5: 2.83mg (28.29%), Vitamin E: 3.76mg (25.08%), Zinc: 2.95mg (19.69%), Vitamin B12: 0.65µg (10.77%), Vitamin D: 1.17µg (7.77%), Vitamin C: 1.97mg (2.39%)