



Fig Spice Cake

READY IN



45 min.

SERVINGS



16

CALORIES



196 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 2 cups cake flour sifted
- ☐ 0.8 cup figs dried finely chopped
- ☐ 2 large eggs lightly beaten
- ☐ 0.1 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 1 cup buttermilk low-fat
- ☐ 3 tablespoons orange juice fresh
- ☐ 4 teaspoons orange juice fresh
- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 teaspoon orange rind grated
- ☐ 0.8 cup powdered sugar sifted
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 3 ingredients in a small bowl; let stand while preparing cake batter.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 6 ingredients.
- ☐ Combine brown sugar, buttermilk, oil, and eggs. Gradually add flour mixture to buttermilk mixture, beating with a mixer at low speed until blended. Stir in figs and any juices remaining in bowl.
- ☐ Spoon batter into a 13 x 9-inch baking pan coated with cooking spray.

- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan on a wire rack.
- ☐ Combine powdered sugar, 1/2 teaspoon orange rind, and 4 teaspoons fresh orange juice.
- ☐ Drizzle over cake.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:8.85, Inflammation Score:-1, Nutrition Score:3.7204348185788%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 196.19kcal (9.81%), Fat: 4.52g (6.95%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 35.26g (12.82%), Sugar: 23.41g (26.01%), Cholesterol: 23.85mg (7.95%), Sodium: 115.01mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Selenium: 8.68µg (12.39%), Manganese: 0.2mg (9.77%), Vitamin K: 7.48µg (7.12%), Calcium: 63.04mg (6.3%), Phosphorus: 52.7mg (5.27%), Fiber: 1.17g (4.69%), Vitamin B2: 0.07mg (4.09%), Vitamin C: 2.97mg (3.6%), Potassium: 124.04mg (3.54%), Magnesium: 13.16mg (3.29%), Copper: 0.06mg (3.25%), Iron: 0.55mg (3.07%), Vitamin E: 0.44mg (2.96%), Folate: 11.21µg (2.8%), Vitamin B5: 0.26mg (2.65%), Zinc: 0.33mg (2.23%), Vitamin B1: 0.03mg (2.06%), Vitamin B6: 0.04mg (1.86%), Vitamin B12: 0.09µg (1.48%), Vitamin B3: 0.25mg (1.26%), Vitamin A: 52.99IU (1.06%)