

Fig Spice Cake

 Vegetarian

READY IN



65 min.

SERVINGS



10

CALORIES



438 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 0.5 cup buttermilk
- ☐ 1 pound figs dried
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 1 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch tube pan.
- ☐ Place the stewed figs into a saucepan, cover with water, and simmer on low heat for about 5 minutes.
- ☐ Drain and cool, reserving 1/2 cup of the liquid.
- ☐ Cut the figs into 1/4 inch cubes; set aside. In a medium bowl, combine the reserved fig liquid and buttermilk; set aside. Sift together the flour, baking powder, baking soda, salt, cinnamon and cloves; set aside.
- ☐ In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Beat in the flour mixture alternately with the buttermilk mixture. Stir in the chopped figs and walnuts.
- ☐ Pour into prepared 10 inch tube pan.
- ☐ Bake in the preheated oven for 50 to 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool in pan 15 minutes, then turn out onto a wire rack and cool completely.

Nutrition Facts



 **PROTEIN 5.94%**  **FAT 36.75%**  **CARBS 57.31%**

Properties

Glycemic Index:37.41, Glycemic Load:32.37, Inflammation Score:-5, Nutrition Score:11.121739009152%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg

Nutrients (% of daily need)

Calories: 437.86kcal (21.89%), Fat: 18.74g (28.83%), Saturated Fat: 7.15g (44.7%), Carbohydrates: 65.75g (21.92%), Net Carbohydrates: 59.94g (21.8%), Sugar: 42.72g (47.47%), Cholesterol: 58.46mg (19.49%), Sodium: 433.27mg (18.84%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 6.81g (13.62%), Manganese: 0.81mg (40.57%), Fiber: 5.81g (23.22%), Copper: 0.35mg (17.75%), Vitamin B1: 0.24mg (15.7%), Selenium: 10.59µg (15.13%), Magnesium: 56.29mg (14.07%), Folate: 54.96µg (13.74%), Calcium: 134.42mg (13.44%), Iron: 2.36mg (13.12%), Phosphorus: 130.37mg (13.04%), Vitamin B2: 0.22mg (12.73%), Potassium: 413.23mg (11.81%), Vitamin K: 8.41µg (8.01%), Vitamin B3: 1.54mg (7.72%), Vitamin A: 358.21IU (7.16%), Vitamin B6: 0.14mg (6.96%), Zinc: 0.97mg (6.45%), Vitamin B5: 0.54mg (5.39%), Vitamin E: 0.63mg (4.18%), Vitamin B12: 0.15µg (2.55%), Vitamin D: 0.33µg (2.21%)