



## Five-Spice Tea Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



228 kcal

DESSERT

### Ingredients

- 1.5 teaspoons five-spice mixture chinese (available at Asian food shops and some supermarkets)
- 1 cup apple sauce
- 0.3 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 eggs
- 1.5 cups flour all-purpose
- 0.3 teaspoon ground ginger
- 0.5 teaspoon salt

- 1.5 cups sugar
- 0.5 cup very strong jasmine tea cooled (use 1 teabag)
- 0.5 cup vegetable oil

## Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- wire rack
- blender
- loaf pan
- toothpicks

## Directions

- Preheat the oven to 325 degrees. Butter a 6-cup loaf pan and line it with waxed or parchment paper.
- Sift together the baking powder, baking soda, salt, flour, five-spice mixture, and ginger. In a medium bowl, mix the tea and applesauce. In a mixer fitted with a whisk attachment, whip the eggs and sugar until very light and fluffy. With the mixer running at medium speed, drizzle in the oil and mix.
- Add 1/3 of the dry ingredients and 1/3 of the tea-applesauce mixture and mix. Repeat twice more, using up all the ingredients. The batter will be somewhat thin.
- Pour the mixture into the prepared pan and bake until firm to the touch and split on the top, and a toothpick inserted into the center comes out clean, 70 to 90 minutes. Set the pan on a wire rack and let cool 30 minutes, then turn the cake out onto the rack, peel off the paper, and let cool.

## Nutrition Facts



■ PROTEIN 5.41% ■ FAT 12.94% ■ CARBS 81.65%

## Properties

Glycemic Index:24.21, Glycemic Load:31.33, Inflammation Score:-2, Nutrition Score:4.6543478525203%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 228.15kcal (11.41%), Fat: 3.35g (5.16%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 47.62g (15.87%), Net Carbohydrates: 46.52g (16.92%), Sugar: 32.35g (35.94%), Cholesterol: 32.74mg (10.91%), Sodium: 250.53mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Selenium: 9.37µg (13.39%), Manganese: 0.22mg (10.87%), Vitamin B1: 0.16mg (10.56%), Folate: 41.53µg (10.38%), Vitamin B2: 0.15mg (8.91%), Vitamin K: 8.81µg (8.39%), Iron: 1.39mg (7.73%), Vitamin B3: 1.17mg (5.87%), Fiber: 1.1g (4.38%), Phosphorus: 42.38mg (4.24%), Vitamin E: 0.46mg (3.04%), Calcium: 26.83mg (2.68%), Copper: 0.05mg (2.41%), Vitamin B5: 0.24mg (2.35%), Magnesium: 8.4mg (2.1%), Vitamin B6: 0.04mg (1.89%), Zinc: 0.28mg (1.86%), Potassium: 65.25mg (1.86%), Vitamin A: 67.19IU (1.34%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%)