

Fresh Ginger Cake

 Vegetarian

READY IN



255 min.

SERVINGS



10

CALORIES



306 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 10 servings butter for coating the pan
- ☐ 2 large eggs lightly beaten at room temperature
- ☐ 2 cups flour all-purpose plus more for coating the pan
- ☐ 0.5 cup ginger fresh packed minced peeled (and) (from 1 [5-inch] piece)
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground cloves
- ☐ 0.8 cup blackstrap molasses light such as grandma's (or mild)
- ☐ 0.5 teaspoon salt fine
- ☐ 0.8 cup vegetable oil
- ☐ 0.8 cup water

Equipment

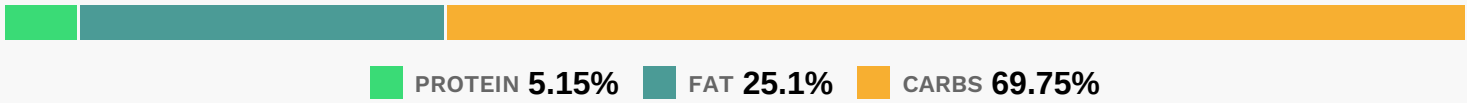
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ toothpicks
- ☐ cake form
- ☐ spatula

Directions

- ☐ Heat the oven to 350°F and arrange a rack in the middle. Coat a 9-inch round cake pan with butter and dust with flour, tapping out the excess; set aside. Have a whisk and rubber spatula on hand. In a medium bowl, whisk together the measured flour, cinnamon, cloves, pepper, and salt to break up any lumps and aerate; set aside. In a large bowl, whisk the molasses, oil, and sugar until smooth. In a large saucepan, bring the water to a boil over medium-high heat.
- ☐ Whisk in the baking soda, then whisk in the molasses mixture until combined; remove from heat. Using the rubber spatula, stir the ginger into the molasses mixture.
- ☐ Whisk the dry ingredients, a little at a time, into the batter until just combined. Using the rubber spatula, stir in the eggs until just combined. Again using the rubber spatula, transfer the batter to the prepared pan and spread evenly.
- ☐ Bake in the oven until a toothpick inserted into the center comes out clean, about 45 to 50 minutes.

Place on a rack to cool for at least 30 minutes. Run a knife around the perimeter of the pan and remove the cake from the pan. If you choose, dust with powdered sugar and serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:29.11, Glycemic Load:32.71, Inflammation Score:-5, Nutrition Score:9.0169565392577%

Nutrients (% of daily need)

Calories: 305.84kcal (15.29%), Fat: 8.65g (13.31%), Saturated Fat: 3.44g (21.5%), Carbohydrates: 54.08g (18.03%), Net Carbohydrates: 53.17g (19.33%), Sugar: 34.05g (37.83%), Cholesterol: 47.95mg (15.98%), Sodium: 338.61mg (14.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.99%), Manganese: 0.67mg (33.55%), Selenium: 16.24µg (23.19%), Magnesium: 70.73mg (17.68%), Iron: 2.6mg (14.45%), Vitamin B1: 0.21mg (14.16%), Folate: 51.18µg (12.79%), Potassium: 434mg (12.4%), Vitamin B2: 0.18mg (10.37%), Vitamin B6: 0.21mg (10.3%), Copper: 0.18mg (9.17%), Vitamin B3: 1.76mg (8.81%), Calcium: 66.46mg (6.65%), Vitamin K: 6.83µg (6.5%), Phosphorus: 57.83mg (5.78%), Vitamin B5: 0.48mg (4.84%), Fiber: 0.91g (3.64%), Vitamin A: 180.1IU (3.6%), Vitamin E: 0.53mg (3.53%), Zinc: 0.41mg (2.72%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.2µg (1.33%)