



Fresh Ginger Cake with Candied Citrus Glaze

READY IN



90 min.

SERVINGS



16

CALORIES



219 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup canola oil
- ☐ 3 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 3 tablespoons ginger fresh grated peeled
- ☐ 0.7 cup ginger ale at room temperature
- ☐ 0.7 cup golden syrup (such as Lyle's Golden Syrup)
- ☐ 0.5 cup granulated sugar

- ☐ 1 cup kumquats seeded thinly sliced
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 1 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.5 cup water

Equipment

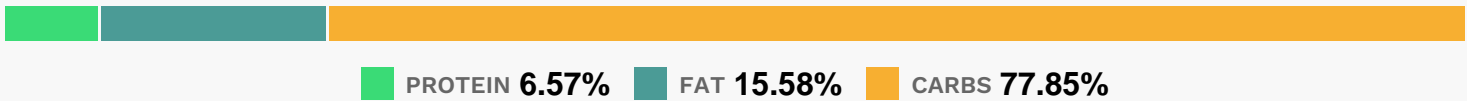
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ measuring cup
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and salt, stirring with a whisk.
- ☐ Combine canola oil and next 4 ingredients (through eggs) in a large bowl. Beat with a mixer at medium speed 2 minutes or until well combined. Stir in ginger.
- ☐ Add flour mixture and ginger ale alternately to sugar mixture, beginning and ending with flour mixture, beating just until combined. Scrape batter into a 12-cup Bundt pan coated with baking spray.

- ☐
- Bake at 350 for 38 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 15 minutes on a wire rack. Invert cake onto plate.
- ☐
- To prepare glaze, place kumquats, 1/2 cup granulated sugar, and 1/2 cup water in saucepan, and bring to a boil. Simmer, uncovered, for 15 minutes, stirring occasionally. Strain kumquat mixture through a sieve into a bowl, reserving sugar syrup and kumquats.
- ☐
- Combine powdered sugar, dash of salt, and 3 tablespoons reserved syrup, stirring with a whisk until smooth; reserve remaining syrup for another use. Stir in kumquats. Spoon warm glaze over warm cake.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:22.87, Inflammation Score:-2, Nutrition Score:4.531304328338%

Flavonoids

Naringenin: 4.05mg, Naringenin: 4.05mg, Naringenin: 4.05mg, Naringenin: 4.05mg Apigenin: 1.54mg, Apigenin: 1.54mg, Apigenin: 1.54mg, Apigenin: 1.54mg

Nutrients (% of daily need)

Calories: 219.02kcal (10.95%), Fat: 3.8g (5.85%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 42.73g (14.24%), Net Carbohydrates: 41.72g (15.17%), Sugar: 26.49g (29.43%), Cholesterol: 37.39mg (12.46%), Sodium: 121.27mg (5.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.21%), Selenium: 9.82µg (14.03%), Vitamin B1: 0.16mg (10.86%), Folate: 42.28µg (10.57%), Vitamin B2: 0.16mg (9.26%), Manganese: 0.15mg (7.52%), Iron: 1.2mg (6.65%), Vitamin B3: 1.21mg (6.03%), Phosphorus: 52.03mg (5.2%), Fiber: 1.01g (4.05%), Vitamin C: 3.23mg (3.92%), Calcium: 38.27mg (3.83%), Vitamin E: 0.47mg (3.15%), Copper: 0.05mg (2.48%), Vitamin B5: 0.25mg (2.47%), Zinc: 0.32mg (2.11%), Magnesium: 8.36mg (2.09%), Potassium: 68.09mg (1.95%), Vitamin A: 94.68IU (1.89%), Vitamin B12: 0.11µg (1.89%), Vitamin B6: 0.03mg (1.53%), Vitamin K: 1.45µg (1.39%), Vitamin D: 0.2µg (1.35%)