



Gâteau de Sirop

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



483 kcal

SIDE DISH

Ingredients

- 2.5 cups flour
- 1 teaspoon baking soda
- 1 cup t brown sugar dark packed ()
- 1.8 cups evaporated cane juice 100% pure (such as Steen's)
- 12 servings evaporated cane juice 100% pure
- 3 large eggs
- 0.8 cup evaporated milk
- 1 teaspoon ground cinnamon

- 0.5 teaspoon nutmeg
- 1.5 cups cup heavy whipping cream chilled
- 0.3 cup cream sour
- 0.5 cup butter unsalted room temperature (1 stick)

Equipment

- bowl
- frying pan
- oven
- baking pan
- hand mixer
- aluminum foil

Directions

- Preheat oven to 350°F. Butter and flour 13 x 9 x 2-inch metal baking pan. Sift flour, baking soda, cinnamon, nutmeg, and 1 teaspoon salt into medium bowl. Using electric mixer, beat butter in large bowl until smooth.
- Add sugar and beat until blended. Beat in eggs, 1 at a time. Beat in 1 3/4 cups syrup, then evaporated milk and sour cream (batter may look curdled).
- Add dry ingredients and beat on lowest speed until blended.
- Transfer cake batter to prepared pan.
- Bake cake until tester inserted into center comes out clean, about 50 minutes. Cool cake in pan on rack. DO AHEAD: Can be made 1 day ahead. Cover pan tightly with foil and store cake at room temperature.
- Beat cream in medium bowl until peaks form.
- Cut cake into squares.
- Place on plates. Spoon whipped cream alongside; drizzle with additional syrup. Dust with powdered sugar, if desired

Nutrition Facts



■ PROTEIN 5.05% ■ FAT 39.03% ■ CARBS 55.92%

Properties

Glycemic Index:12.5, Glycemic Load:14.4, Inflammation Score:-5, Nutrition Score:7.6782608861509%

Nutrients (% of daily need)

Calories: 483.35kcal (24.17%), Fat: 22.01g (33.86%), Saturated Fat: 13.36g (83.51%), Carbohydrates: 70.94g (23.65%), Net Carbohydrates: 70.13g (25.5%), Sugar: 50.71g (56.35%), Cholesterol: 107.85mg (35.95%), Sodium: 141.89mg (6.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.83%), Selenium: 14.42µg (20.6%), Vitamin B2: 0.3mg (17.81%), Vitamin A: 809.26IU (16.19%), Vitamin B1: 0.22mg (14.97%), Folate: 56.81µg (14.2%), Manganese: 0.23mg (11.33%), Phosphorus: 109.03mg (10.9%), Calcium: 95.8mg (9.58%), Iron: 1.64mg (9.1%), Vitamin B3: 1.63mg (8.14%), Vitamin D: 0.88µg (5.89%), Vitamin B5: 0.53mg (5.33%), Potassium: 164.71mg (4.71%), Vitamin E: 0.69mg (4.58%), Magnesium: 15.66mg (3.92%), Zinc: 0.57mg (3.81%), Vitamin B12: 0.21µg (3.5%), Fiber: 0.81g (3.24%), Copper: 0.06mg (3.24%), Vitamin B6: 0.06mg (3.06%), Vitamin K: 1.95µg (1.86%)