



Gâteau de Sirop

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



310 kcal

SIDE DISH

Ingredients

- ☐ 2.3 teaspoons baking soda
- ☐ 0.5 cup buttermilk
- ☐ 2 large eggs
- ☐ 2.3 cups flour all-purpose plus more
- ☐ 1 tablespoon ginger grated peeled
- ☐ 0.5 cup corn syrup dark
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.8 teaspoon ground cloves
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 cup cream sour
- ☐ 0.5 cup sugar
- ☐ 0.5 cup butter unsalted plus more for pan room temperature (1 stick)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Butter and flour pan; set on a rimmed baking sheet.
- ☐ Whisk 2 1/4 cups flour and next 6 ingredients in a medium bowl. Using an electric mixer, beat 1/2 cup butter and sugar until fluffy, about 3 minutes.
- ☐ Add sour cream; beat to blend.
- ☐ Add cane syrup and 1/2 cup hot water; beat until smooth. Beat in eggs one at a time; blend well between additions.
- ☐ Add ginger. Beat in dry ingredients in 3 additions on low speed.
- ☐ Add buttermilk; beat just to blend.
- ☐ Pour into pan; smooth top.
- ☐ Bake until a tester inserted into center of cake comes out clean, about 30 minutes.
- ☐ Let cool completely. Dust with powdered sugar before serving.

Nutrition Facts



PROTEIN 6.13% **FAT 34.39%** **CARBS 59.48%**

Properties

Glycemic Index:37.11, Glycemic Load:34.64, Inflammation Score:-4, Nutrition Score:6.4643478464821%

Nutrients (% of daily need)

Calories: 309.51kcal (15.48%), Fat: 12.05g (18.54%), Saturated Fat: 7.03g (43.95%), Carbohydrates: 46.89g (15.63%), Net Carbohydrates: 45.91g (16.7%), Sugar: 24.94g (27.71%), Cholesterol: 66.32mg (22.1%), Sodium: 536.34mg (23.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Selenium: 13.96µg (19.95%), Manganese: 0.35mg (17.34%), Vitamin B1: 0.23mg (15.66%), Folate: 57.69µg (14.42%), Vitamin B2: 0.22mg (13.13%), Iron: 1.61mg (8.94%), Vitamin B3: 1.71mg (8.53%), Vitamin A: 394.73IU (7.89%), Phosphorus: 70.19mg (7.02%), Calcium: 39.38mg (3.94%), Fiber: 0.97g (3.89%), Vitamin B5: 0.36mg (3.61%), Vitamin D: 0.53µg (3.51%), Copper: 0.07mg (3.4%), Magnesium: 11.89mg (2.97%), Vitamin B12: 0.18µg (2.93%), Vitamin E: 0.44mg (2.9%), Zinc: 0.42mg (2.81%), Potassium: 84.46mg (2.41%), Vitamin B6: 0.04mg (2.02%), Vitamin K: 1.31µg (1.24%)