



Gateau de Sirop

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



592 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 0.5 teaspoon pepper black freshly ground
- 1.3 cups cane syrup divided
- 2 large eggs
- 2.5 cups flour all-purpose
- 0.8 teaspoon ground cinnamon
- 0.5 teaspoon hot sauce
- 0.3 teaspoon nutmeg freshly ground

- 1 cup vegetable oil; peanut oil preferred
- 0.5 teaspoon salt
- 1 cup sugar
- 6 servings burnt sugar meringue
- 1 cup ginger water

Equipment

- bowl
- oven
- blender
- skewers

Directions

- Combine peanut oil, 1 cup cane syrup, and next 3 ingredients in a large bowl, beating with a mixer on medium speed until blended.
- Add eggs, one at a time, beating until blended after each addition.
- Combine flour and next 5 ingredients in a medium bowl; slowly add flour mixture to egg mixture, beating at low speed until blended.
- Pour batter into 3 greased and parchment-lined 8-inch round cake pans.
- Bake at 350 for 20 to 25 minutes or until a wooden pick inserted in the center comes out clean. Cool in pans on wire racks 10 minutes, remove from pans, and cool on wire racks.
- Prick cake layers with a wooden skewer; brush remaining 1/4 cup cane syrup over tops.
- Spread Burnt Sugar Meringue between layers and on top of cake.

Nutrition Facts



Properties

Glycemic Index:53.7, Glycemic Load:60.44, Inflammation Score:-3, Nutrition Score:9.3917391300201%

Nutrients (% of daily need)

Calories: 591.86kcal (29.59%), Fat: 9.48g (14.59%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 127.04g (42.35%), Net Carbohydrates: 125.44g (45.61%), Sugar: 87.15g (96.83%), Cholesterol: 62mg (20.67%), Sodium: 594.6mg (25.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.03%), Selenium: 23.07µg (32.95%), Vitamin B1: 0.42mg (27.74%), Folate: 103.27µg (25.82%), Manganese: 0.43mg (21.48%), Vitamin B2: 0.34mg (20.16%), Vitamin B3: 3.09mg (15.47%), Iron: 2.78mg (15.42%), Phosphorus: 89.89mg (8.99%), Vitamin E: 1.34mg (8.96%), Fiber: 1.6g (6.4%), Copper: 0.1mg (5.03%), Vitamin B5: 0.49mg (4.87%), Zinc: 0.6mg (3.99%), Magnesium: 14.46mg (3.62%), Potassium: 97.49mg (2.79%), Vitamin B6: 0.05mg (2.64%), Vitamin B12: 0.15µg (2.47%), Calcium: 22.33mg (2.23%), Vitamin D: 0.33µg (2.22%), Vitamin A: 92.27IU (1.85%)