



Ginger Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



262 kcal

DESSERT

Ingredients

- 0.5 cup apple sauce
- 2 teaspoons baking soda
- 2 tablespoons canola oil
- 2 large eggs
- 0.5 cup flaxseed meal
- 6.8 ounces flour all-purpose
- 0.5 cup granulated sugar
- 0.5 teaspoon ground cinnamon

- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 1 cup blackstrap molasses
- 0.3 teaspoon salt
- 1 cup water hot
- 0.5 cup wheat germ toasted

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 35
- Combine first 3 ingredients in a large bowl; beat with a mixer at medium speed until well blended (about 1 minute).
- Add eggs, 1 at a time, beating well after each addition. Stir in molasses.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 7 ingredients (through salt) in a large bowl.
- Add flour mixture and 1 cup hot water alternately to sugar mixture, beginning and ending with flour mixture. Spoon batter into a 13 x 9-inch baking pan coated with cooking spray.
- Bake 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan.
- Cut into 12 squares; sprinkle with powdered sugar and serve with apple, if desired.

Nutrition Facts



■ PROTEIN 7.52% ■ FAT 22.22% ■ CARBS 70.26%

Properties

Glycemic Index:18.84, Glycemic Load:23.89, Inflammation Score:-5, Nutrition Score:13.003912886848%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 261.95kcal (13.1%), Fat: 6.64g (10.22%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 47.25g (15.75%), Net Carbohydrates: 44.17g (16.06%), Sugar: 30.43g (33.81%), Cholesterol: 31mg (10.33%), Sodium: 257.5mg (11.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Manganese: 1.44mg (71.95%), Magnesium: 111mg (27.75%), Selenium: 18.59µg (26.55%), Vitamin B1: 0.34mg (22.82%), Iron: 2.95mg (16.41%), Potassium: 545.53mg (15.59%), Vitamin B6: 0.31mg (15.34%), Copper: 0.29mg (14.64%), Folate: 52.71µg (13.18%), Phosphorus: 126.36mg (12.64%), Fiber: 3.08g (12.32%), Vitamin B2: 0.16mg (9.24%), Vitamin B3: 1.76mg (8.8%), Calcium: 86.07mg (8.61%), Zinc: 1.19mg (7.94%), Vitamin B5: 0.6mg (6.02%), Vitamin E: 0.55mg (3.68%), Vitamin K: 2.22µg (2.11%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)