



## Ginger Cake

 Vegetarian

READY IN



180 min.

SERVINGS



8

CALORIES



394 kcal

DESSERT

### Ingredients

- 1.5 cups flour all-purpose
- 0.3 teaspoon salt
- 4 large eggs separated
- 1 cup butter unsalted softened
- 0.7 cup t brown sugar dark packed
- 8 frangelico

### Equipment

- food processor

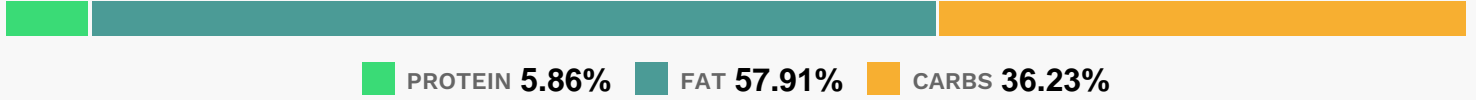
- bowl
- frying pan
- oven
- knife
- plastic wrap
- loaf pan
- hand mixer
- skewers

## Directions

- Put oven rack in middle position and preheat oven to 325°F.
- Butter and flour loaf pan, knocking out excess flour.
- Pulse ginger and 1/2 cup flour in a food processor until ginger is finely chopped.
- Beat butter and salt in a large bowl with an electric mixer until creamy.
- Add brown sugar, a little at a time, and beat until pale and fluffy.
- Add yolks, 1 at a time, beating well after each addition. Beat in reserved ginger syrup, then beat in chopped ginger mixture.
- Beat whites and a pinch of salt in another bowl with cleaned beaters until they just hold stiff peaks.
- Fold one fourth of whites into batter gently but thoroughly, then sift one fourth of remaining cup flour into batter and fold gently but thoroughly.
- Add remaining egg whites and flour alternately in 3 batches, folding in same manner.
- Spoon batter into loaf pan, spreading evenly.
- Bake until a wooden pick or skewer inserted in center of cake comes out clean, 1 1/4 to 1 1/2 hours. Cool on a rack 10 minutes, then run a thin knife around edge of pan and turn cake out onto rack to cool completely, about 1 hour.
- \*Available at specialty foods shops and by mail order from Simpson & Vail (800-282-8327; svtea.com).
- In place of stem ginger in syrup, you can use 1 1/4 cups (7 1/2 ounces) coarsely chopped crystallized ginger. Pulse in processor with 1/4 cup flour (instead of 1/2 cup flour, as above) and substitute light corn syrup for the ginger syrup.

- You can make cake in 3 (5 3/4- by 3- by 2-inch) mini-loaf pans.
- Bake 45 to 50 minutes.
- Cake is better the day after it's made and keeps 5 days. Cool completely, then wrap in plastic wrap and store at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:9.38, Glycemic Load:12.94, Inflammation Score:-5, Nutrition Score:6.9726086595784%

## Nutrients (% of daily need)

Calories: 394.18kcal (19.71%), Fat: 25.62g (39.42%), Saturated Fat: 15.39g (96.22%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 35.43g (12.89%), Sugar: 17.96g (19.95%), Cholesterol: 154.01mg (51.34%), Sodium: 116.89mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.67%), Selenium: 16.12µg (23.03%), Vitamin A: 844.09IU (16.88%), Vitamin B2: 0.24mg (14.1%), Folate: 55.68µg (13.92%), Vitamin B1: 0.2mg (13.03%), Iron: 1.66mg (9.23%), Manganese: 0.18mg (8.99%), Phosphorus: 82.36mg (8.24%), Vitamin B3: 1.43mg (7.17%), Vitamin E: 0.93mg (6.23%), Vitamin D: 0.93µg (6.17%), Vitamin B5: 0.54mg (5.41%), Vitamin B12: 0.27µg (4.51%), Calcium: 39.59mg (3.96%), Zinc: 0.52mg (3.45%), Copper: 0.06mg (3.25%), Vitamin B6: 0.06mg (3.06%), Magnesium: 10.38mg (2.59%), Potassium: 90.79mg (2.59%), Fiber: 0.63g (2.53%), Vitamin K: 2.13µg (2.03%)