

Ginger Cake

READY IN



45 min.

SERVINGS



8

CALORIES



243 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 4.5 tablespoons butter softened
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 1 large eggs
- ☐ 5.5 ounces flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup porter

- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup non-dairy whipped topping frozen thawed reduced-calorie (such as Cool Whip Lite)

Equipment

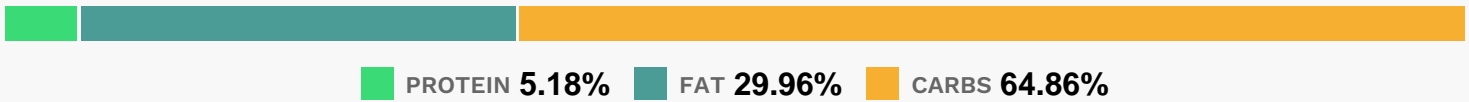
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ toothpicks
- ☐ cake form
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 9-inch round cake pan with cooking spray; line bottom of pan with wax paper. Coat wax paper with cooking spray; set aside.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, ginger, cinnamon, baking soda, and salt in a bowl, stirring with a whisk.
- ☐ Place brown sugar and butter in a large bowl, and beat with a mixer at medium-high speed until well blended (about 3 minutes).
- ☐ Add the egg, and beat well. Beat in the applesauce and molasses (batter may look slightly curdled). Reduce mixing speed to low.
- ☐ Add one-third of the flour mixture, and beat just until blended. Repeat procedure with remaining flour mixture.
- ☐ Add Guinness stout, and beat just until combined.

- ☐ Scrape batter into prepared pan.
- ☐ Bake at 350 for 30 minutes or until a toothpick inserted in the center comes out clean. Cool in pan on a wire rack for 10 minutes; remove from pan. Cool completely.
- ☐ Spread cake with whipped topping.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:14.23, Inflammation Score:-4, Nutrition Score:5.6686957737674%

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: 243.26kcal (12.16%), Fat: 8.12g (12.49%), Saturated Fat: 5.07g (31.72%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 38.82g (14.12%), Sugar: 23.91g (26.56%), Cholesterol: 40.32mg (13.44%), Sodium: 282.43mg (12.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Manganese: 0.37mg (18.54%), Selenium: 10.92µg (15.6%), Vitamin B1: 0.16mg (10.96%), Folate: 39.52µg (9.88%), Iron: 1.68mg (9.31%), Magnesium: 33.06mg (8.27%), Vitamin B2: 0.14mg (8.08%), Vitamin B3: 1.3mg (6.51%), Potassium: 220.24mg (6.29%), Vitamin B6: 0.1mg (5.04%), Calcium: 48.15mg (4.82%), Vitamin A: 239.1IU (4.78%), Copper: 0.09mg (4.74%), Phosphorus: 45.13mg (4.51%), Vitamin B5: 0.3mg (2.98%), Fiber: 0.72g (2.89%), Vitamin E: 0.31mg (2.1%), Zinc: 0.28mg (1.84%), Vitamin B12: 0.08µg (1.38%)