



Ginger Cake with Caramel-Apple Topping

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 2 cups vanilla yogurt fat free 99% yoplait® (from 2-lb container)
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce fat-free
- ☐ 1.3 cups flour whole wheat
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.3 cup canola oil
- ☐ 1 eggs
- ☐ 1 medium baking apples are apples that have a sweet-tart balance and hold their shape when chopped
- ☐ 1 serving juice of lemon

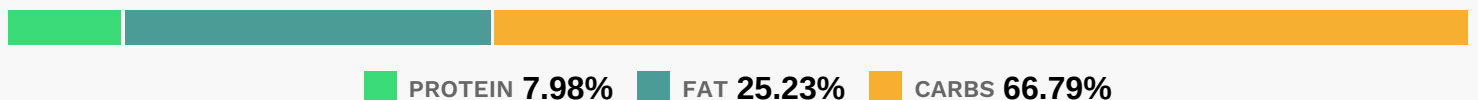
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease and flour 9-inch square pan. In medium bowl, mix 3/4 cup of the yogurt and the caramel topping; cover and refrigerate until serving time.
- ☐ In large bowl, beat remaining 1 1/4 cups yogurt and all remaining ingredients except apple and lemon juice with electric mixer on low speed 45 seconds, scraping bowl constantly. Beat on medium speed 1 minute, scraping bowl occasionally, until well blended. Stir in half of the chopped apple.
- ☐ Pour batter into pan.
- ☐ Sprinkle lemon juice over remaining apple; cover and refrigerate until serving time.
- ☐ Bake 38 to 43 minutes or until toothpick inserted in center comes out clean. Cool slightly.
- ☐ Serve with topping mixture and remaining chopped apple.

Nutrition Facts



Properties

Glycemic Index:15.07, Glycemic Load:11.06, Inflammation Score:-3, Nutrition Score:7.7847826377205%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 209.29kcal (10.46%), Fat: 6.05g (9.31%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 34.36g (12.49%), Sugar: 21.89g (24.32%), Cholesterol: 12.55mg (4.18%), Sodium: 206.63mg (8.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.61%), Manganese: 0.71mg (35.68%), Selenium: 13.7µg (19.58%), Magnesium: 49.71mg (12.43%), Phosphorus: 102.75mg (10.28%), Vitamin B1: 0.14mg (9.17%), Calcium: 91.23mg (9.12%), Potassium: 306.21mg (8.75%), Vitamin B2: 0.14mg (8.3%), Iron: 1.41mg (7.81%), Vitamin B6: 0.15mg (7.29%), Vitamin E: 1.01mg (6.76%), Fiber: 1.68g (6.72%), Folate: 25.36µg (6.34%), Copper: 0.12mg (5.94%), Vitamin B3: 1.16mg (5.78%), Zinc: 0.67mg (4.49%), Vitamin B5: 0.43mg (4.34%), Vitamin K: 4.12µg (3.92%), Vitamin B12: 0.21µg (3.55%), Vitamin C: 1.25mg (1.52%)