

# **Ginger Cake with Maple Frosting**







DESSERT

# Ingredients

1.5 teaspoons baking soda
1.5 cups buttermilk
3 cups cake flour
3.8 cups powdered sugar sifted
1.8 cups t brown sugar dark packed
5 large eggs
0.5 teaspoon ground cloves
5 teaspoons ground ginger

0.5 teaspoon nutmeg

	4 tablespoons maple syrup pure
	0.3 cup blackstrap molasses
	0.3 teaspoon salt
	0.8 lb butter unsalted softened
	0.7 cup apple sauce unsweetened (do not use )
	0.5 cup vegetable oil
Eq	uipment
	bowl
	frying pan
	oven
	whisk
	hand mixer
	toothpicks
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Spread remaining frosting on top and sides of cake. Chill for 2 hours or overnight.
If cake was refrigerated overnight, bring to room temperature.
Spread a dollop of reserved frosting on store-bought gingerbread cookies to stick them to cake (or make your own cookies).
Nutrition Facts
PROTEIN 4.37% FAT 36.15% CARBS 59.48%

## **Properties**

Glycemic Index:24.85, Glycemic Load:22.92, Inflammation Score:-6, Nutrition Score:11.90173911854%

#### **Flavonoids**

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

### Nutrients (% of daily need)

Calories: 835kcal (41.75%), Fat: 34.08g (52.43%), Saturated Fat: 19.42g (121.4%), Carbohydrates: 126.19g (42.06%), Net Carbohydrates: 124.91g (45.42%), Sugar: 96.02g (106.69%), Cholesterol: 170.1mg (56.7%), Sodium: 316.49mg (13.76%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 9.26g (18.53%), Manganese: 1.05mg (52.32%), Selenium: 27.08µg (38.69%), Vitamin A: 1050.57IU (21.01%), Vitamin B2: 0.33mg (19.26%), Phosphorus: 131.6mg (13.16%), Calcium: 130.23mg (13.02%), Magnesium: 45.26mg (11.32%), Potassium: 348.49mg (9.96%), Vitamin D: 1.48µg (9.86%), Iron: 1.75mg (9.73%), Vitamin E: 1.44mg (9.6%), Copper: 0.17mg (8.68%), Vitamin B5: 0.85mg (8.52%), Vitamin B6: 0.15mg (7.69%), Vitamin B12: 0.45µg (7.43%), Folate: 28.05µg (7.01%), Vitamin K: 6.92µg (6.59%), Zinc: 0.95mg (6.34%), Fiber: 1.27g (5.1%), Vitamin B1: 0.07mg (4.84%), Vitamin B3: 0.68mg (3.4%)