



Ginger Cake with Maple Frosting

READY IN



15 min.

SERVINGS



10

CALORIES



835 kcal

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

Equipment

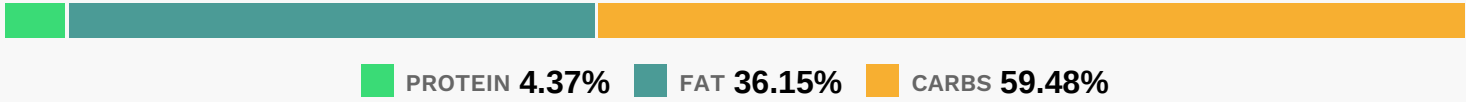
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Make cake: Preheat oven to 350F. Grease two 9-inch round pans and line with parchment.
- ☐ Whisk buttermilk, oil, eggs, sugar, applesauce and molasses in a large bowl until smooth. Sift dry ingredients on a sheet of waxed paper.
- ☐ Add to buttermilk mixture, stirring to combine.
- ☐ Divide batter between pans and bake in center of oven until a toothpick inserted in center comes out clean, about 20 to 25 minutes.
- ☐ Let cool in pan for 10 minutes, then invert onto rack to cool completely. (Can be made one day ahead. Wrap in plastic and store at room temperature.)
- ☐ Make frosting: In a bowl with electric mixer, beat butter until smooth and creamy. Slowly add sugar, beating constantly.
- ☐ Add syrup and extract (if using), beating until well combined.
- ☐ Assemble cake: Reserve 1/4 cup of frosting.
- ☐ Place one cake layer on serving plate.
- ☐ Spread with 1 generous cup of frosting; top with second cake layer.

- ☐
- 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



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, Epicatechin: 0.88mg 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 %: 0% (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%)