



Ginger Cake with Strawberry Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



538 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup buttermilk
- 2 tablespoons crystallized ginger finely chopped
- 1 large eggs
- 2.5 cups flour all-purpose
- 2 teaspoons ground ginger
- 0.5 cup blackstrap molasses
- 0.5 teaspoon salt
- 10 servings crunch topping

- 10 servings garnish: strawberries
- 10 servings strawberry-vin santo sauce
- 1 cup sugar
- 0.8 cup butter unsalted softened

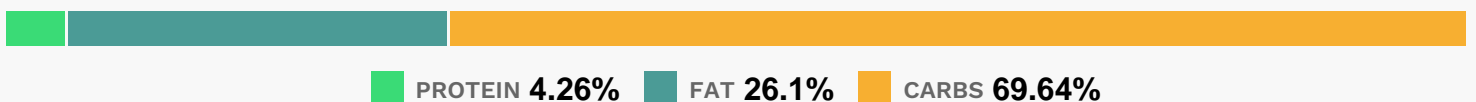
Equipment

- oven
- hand mixer

Directions

- Beat butter at medium speed with an electric mixer until creamy. Gradually add sugar, beating well.
- Add egg, crystallized ginger, and molasses, beating until blended.
- Combine flour and next 3 ingredients; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed until blended after each addition.
- Pour batter into 2 greased and floured 8-inch round cake pans.
- Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean.
- Cool cake layers in pans on wire racks 10 minutes; remove from pans, and cool on wire racks. Split layers horizontally in half.
- Spread Cream Cheese Frosting between layers and on top and sides of cake. Pat Crunch Topping on top and sides.
- Serve with Strawberry Sauce.
- Garnish, if desired.
- Note: Cake can be made up to 1 day in advance and refrigerated.
- Let stand at room temperature at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:26.01, Glycemic Load:40.39, Inflammation Score:-8, Nutrition Score:17.938695565514%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 537.58kcal (26.88%), Fat: 16.04g (24.68%), Saturated Fat: 9.48g (59.27%), Carbohydrates: 96.32g (32.11%), Net Carbohydrates: 92.24g (33.54%), Sugar: 53.16g (59.07%), Cholesterol: 57.85mg (19.28%), Sodium: 280.24mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.79%), Vitamin C: 89.88mg (108.95%), Manganese: 1.23mg (61.56%), Selenium: 17.43µg (24.91%), Folate: 98.18µg (24.55%), Vitamin B1: 0.31mg (20.37%), Magnesium: 72.57mg (18.14%), Iron: 3.14mg (17.46%), Potassium: 571.08mg (16.32%), Fiber: 4.07g (16.3%), Vitamin B2: 0.27mg (15.93%), Vitamin B3: 2.69mg (13.46%), Copper: 0.23mg (11.38%), Phosphorus: 111.46mg (11.15%), Vitamin B6: 0.22mg (10.96%), Vitamin A: 516.31IU (10.33%), Calcium: 100.25mg (10.03%), Vitamin B5: 0.66mg (6.6%), Vitamin E: 0.96mg (6.43%), Vitamin K: 4.83µg (4.6%), Zinc: 0.69mg (4.59%), Vitamin D: 0.67µg (4.45%), Vitamin B12: 0.18µg (3.07%)