



Ginger Mini Cakes

READY IN



45 min.

SERVINGS



12

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup garnish: blackberry jam seedless
- ☐ 1.5 cups cake flour
- ☐ 12 servings candied ginger
- ☐ 0.3 cup confectioners' sugar
- ☐ 3 eggs at room temperature
- ☐ 1.5 cups granulated sugar
- ☐ 1 tablespoon ground ginger
- ☐ 1.5 cups heavy cream

- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cake form
- ☐ microwave

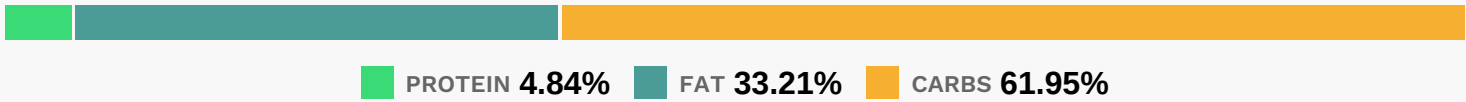
Directions

- ☐ Preheat oven to 350F. Lightly grease a 13-by-9-inch cake pan; line with parchment paper.
- ☐ Whisk flour, ginger, baking soda and salt in a bowl; set aside.
- ☐ Using an electric mixer, beat eggs and sugar at medium speed until pale and thick, about 5 minutes.
- ☐ Heat milk in microwave until hot. Stir in butter. While mixing at low speed, drizzle hot milk into egg mixture; mix until smooth. Stir in vanilla. Sift a third of flour mixture into egg mixture; stir to blend. Repeat twice with remaining flour.
- ☐ Scrape batter into pan; bake until a cake tester comes out clean, 25 to 30 minutes.
- ☐ Let cool in pan for 10 minutes, then turn out onto a rack; let cool completely.
- ☐ Remove parchment paper.
- ☐ Whip heavy cream and confectioners' sugar.
- ☐ Cut cake into 12 portions.
- ☐ Spread jam and then whipped cream on each piece.

☐

Sprinkle with candied ginger, if desired

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:35.63, Inflammation Score:-3, Nutrition Score:5.0386957085651%

Nutrients (% of daily need)

Calories: 390.44kcal (19.52%), Fat: 14.54g (22.37%), Saturated Fat: 8.72g (54.51%), Carbohydrates: 61.06g (20.35%), Net Carbohydrates: 60.31g (21.93%), Sugar: 43.69g (48.54%), Cholesterol: 81.38mg (27.13%), Sodium: 227.8mg (9.9%), Alcohol: 0.23g (100%), Alcohol %: 0.22% (100%), Protein: 4.77g (9.53%), Selenium: 11.75µg (16.79%), Manganese: 0.28mg (14.04%), Vitamin A: 580.18IU (11.6%), Vitamin B2: 0.17mg (9.74%), Phosphorus: 76.28mg (7.63%), Vitamin D: 0.9µg (5.99%), Calcium: 54.01mg (5.4%), Vitamin B12: 0.23µg (3.86%), Vitamin B5: 0.38mg (3.8%), Folate: 14.76µg (3.69%), Vitamin E: 0.55mg (3.65%), Copper: 0.07mg (3.65%), Iron: 0.6mg (3.33%), Vitamin C: 2.67mg (3.24%), Potassium: 111.38mg (3.18%), Fiber: 0.75g (2.98%), Zinc: 0.45mg (2.98%), Magnesium: 11.29mg (2.82%), Vitamin B6: 0.05mg (2.64%), Vitamin B1: 0.04mg (2.42%), Vitamin B3: 0.25mg (1.27%), Vitamin K: 1.24µg (1.19%)