



Ginger Orange Swirl Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



254 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 8 ounce carton cream sour reduced-fat
- ☐ 1 ounce crystallized ginger minced
- ☐ 2 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups flour all-purpose

- ☐ 0.8 cup granulated sugar
- ☐ 1 tablespoon ground ginger
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 tablespoon orange juice concentrate
- ☐ 0.3 cup orange marmalade
- ☐ 1 tablespoon orange rind grated
- ☐ 0.5 teaspoon salt

Equipment

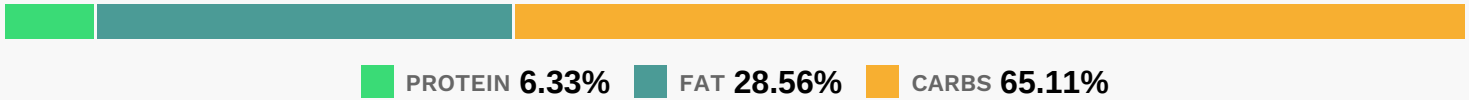
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ Coat an 11 x 7inch baking dish with cooking spray; dust with 1 tablespoon flour.
- ☐ Place granulated sugar, butter, and orange rind in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add orange juice concentrate and eggs, 1 at a time, beating well after each addition.
- ☐ Weigh or lightly spoon 9 ounces flour (about 2 cups) into dry measuring cups; level with a knife.
- ☐ Combine 9 ounces flour and next 4 ingredients (through salt), stirring with a whisk. Beating with a mixer at low speed, add flour mixture to butter mixture alternately with sour cream, beginning and ending with flour mixture. Beat just until blended.

- ☐
- Combine 3 tablespoons batter, brown sugar, crystallized ginger, and orange marmalade in a small bowl.
- ☐
- Spoon remaining batter into prepared dish. Dollop marmalade mixture over batter; swirl batters together using the tip of a knife.
- ☐
- Bake at 325 for 38 minutes or until lightly browned. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:20.66, Inflammation Score:-3, Nutrition Score:5.4499999595725%

Nutrients (% of daily need)

Calories: 254.35kcal (12.72%), Fat: 8.18g (12.59%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 41.96g (13.99%), Net Carbohydrates: 41.21g (14.98%), Sugar: 23.22g (25.81%), Cholesterol: 51.17mg (17.06%), Sodium: 297.64mg (12.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Selenium: 10.9µg (15.57%), Manganese: 0.29mg (14.65%), Vitamin B1: 0.18mg (12.28%), Folate: 47.25µg (11.81%), Vitamin B2: 0.18mg (10.37%), Iron: 1.33mg (7.41%), Vitamin B3: 1.36mg (6.78%), Phosphorus: 63.92mg (6.39%), Calcium: 63.9mg (6.39%), Vitamin A: 275.6IU (5.51%), Vitamin C: 2.96mg (3.59%), Fiber: 0.75g (3%), Potassium: 99.25mg (2.84%), Vitamin B12: 0.16µg (2.74%), Copper: 0.05mg (2.61%), Zinc: 0.38mg (2.55%), Vitamin B5: 0.25mg (2.47%), Magnesium: 9.81mg (2.45%), Vitamin E: 0.32mg (2.11%), Vitamin B6: 0.04mg (1.87%), Vitamin D: 0.2µg (1.36%)