



Ginger Snack Cake

READY IN



45 min.

SERVINGS



2

CALORIES



264 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 tablespoons egg substitute frozen thawed
- 0.3 cup flour all-purpose divided
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 1 teaspoon juice of lemon fresh
- 0.1 teaspoon lemon rind grated
- 1 teaspoon blackstrap molasses

- 0.3 cup powdered sugar sifted
- 3.5 tablespoons skim milk
- 3 tablespoons sugar
- 1.5 teaspoons vegetable oil

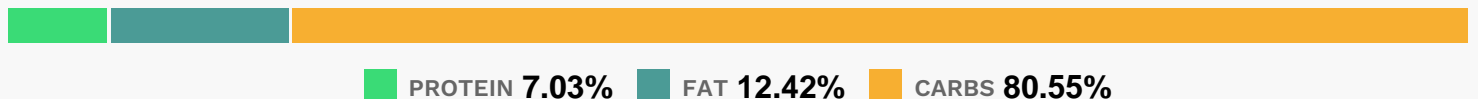
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack

Directions

- Coat a 6- x 3- x 2-inch loafpan with cooking spray; dust with 1 teaspoon flour, and set aside.
- Combine remaining 1/3 cup flour, 3 tablespoons sugar, and next 4 ingredients in a medium bowl, stirring well.
- Combine milk and next 3 ingredients.
- Add to dry ingredients; stir well. Spoon batter into prepared pan.
- Bake at 350 for 25 to 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 5 minutes; remove from pan.
- Combine powdered sugar, lemon rind, and lemon juice in a small saucepan; cook over low heat until warm, stirring frequently.
- Drizzle over cake.

Nutrition Facts



Properties

Glycemic Index:159.67, Glycemic Load:25.9, Inflammation Score:-3, Nutrition Score:7.2691304009894%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 263.85kcal (13.19%), Fat: 3.71g (5.7%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 54.13g (18.04%), Net Carbohydrates: 53.29g (19.38%), Sugar: 37.04g (41.16%), Cholesterol: 0.79mg (0.26%), Sodium: 151.33mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.45%), Manganese: 0.48mg (24.22%), Selenium: 15.32µg (21.88%), Vitamin B1: 0.2mg (13.34%), Vitamin B2: 0.21mg (12.18%), Calcium: 119.9mg (11.99%), Folate: 41.84µg (10.46%), Iron: 1.72mg (9.53%), Phosphorus: 86.45mg (8.64%), Vitamin B3: 1.37mg (6.86%), Vitamin K: 6.56µg (6.25%), Magnesium: 20.59mg (5.15%), Vitamin B5: 0.49mg (4.86%), Potassium: 163.9mg (4.68%), Vitamin E: 0.56mg (3.76%), Vitamin B6: 0.07mg (3.73%), Vitamin D: 0.54µg (3.63%), Vitamin B12: 0.21µg (3.44%), Fiber: 0.83g (3.32%), Zinc: 0.46mg (3.08%), Copper: 0.06mg (2.89%), Vitamin A: 90.85IU (1.82%), Vitamin C: 1.22mg (1.48%)