



Ginger Spice Cake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



227 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons ground ginger

- ☐ 0.5 cup maple syrup
- ☐ 0.3 cup orange juice
- ☐ 2 teaspoons orange zest grated
- ☐ 0.5 teaspoon salt

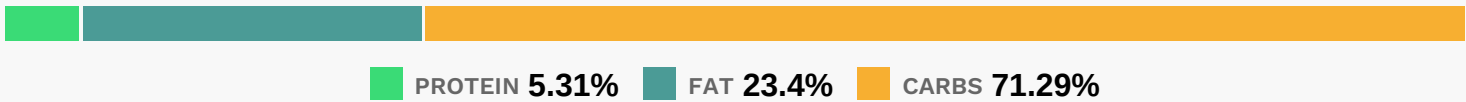
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 37
- ☐ With an electric mixer, beat sugar and butter on medium until well blended.
- ☐ Add syrup, juice, egg, and zest; beat well, and set aside.
- ☐ Combine flour, ginger, baking powder, baking soda, cinnamon, and salt in a bowl; add the dry mixture to the syrup mixture, stirring until well blended.
- ☐ Pour batter into 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 375 for 30 minutes or until a wooden toothpick comes out clean from center. Cool cake in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:42.29, Glycemic Load:24.2, Inflammation Score:-3, Nutrition Score:6.3969564774762%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 226.51kcal (11.33%), Fat: 5.92g (9.11%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 40.6g (13.53%), Net Carbohydrates: 39.85g (14.49%), Sugar: 22.68g (25.2%), Cholesterol: 34.22mg (11.41%), Sodium: 264.36mg (11.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Manganese: 0.72mg (36.23%), Vitamin B2: 0.36mg (21.39%), Selenium: 9.16µg (13.09%), Vitamin B1: 0.19mg (12.46%), Folate: 43.88µg (10.97%), Iron: 1.24mg (6.86%), Vitamin B3: 1.34mg (6.68%), Vitamin C: 5.2mg (6.31%), Calcium: 43.84mg (4.38%), Phosphorus: 42.35mg (4.24%), Vitamin A: 208.27IU (4.17%), Fiber: 0.75g (3%), Magnesium: 11.32mg (2.83%), Potassium: 97.67mg (2.79%), Zinc: 0.37mg (2.49%), Copper: 0.04mg (2.09%), Vitamin B5: 0.21mg (2.06%), Vitamin E: 0.22mg (1.5%), Vitamin B6: 0.03mg (1.31%)