



Ginger Spice Cake with Sauteed Apples

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



314 kcal

DESSERT

Ingredients

- 3 large apples cored peeled sliced
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 0.5 cup blackstrap molasses dark (not blackstrap)
- 1 large eggs lightly beaten
- 2.3 cups flour all-purpose
- 2 teaspoons ground ginger
- 3 tablespoons brown sugar light packed

- 0.5 teaspoon salt
- 0.8 cup sugar
- 3 tablespoons butter unsalted
- 8 tablespoons butter unsalted melted (1 stick)
- 1 cup water hot

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- hand mixer
- cake form

Directions

- Preheat the oven to 350 degrees F. Butter and lightly flour a 10-inch cake pan.
- In a mixer fitted with a paddle attachment (or using a hand mixer), combine the melted butter, egg, and sugar.
- Add the molasses and water and mix. In another bowl, sift the flour, baking soda, salt, ginger, and cinnamon together. Working in batches, mixing after each addition, add the dry ingredients to the molasses mixture.
- Mix until smooth.
- Pour into the prepared pan and bake in the center of the oven for about 35 minutes, until browned and the top of the cake feels dry and firm to the touch.
- Let cool in the pan for 10 minutes, then turn out onto a wire rack to completely cool.
- For the topping: In a large skillet, melt 3 tablespoons of the butter over medium heat.
- Add the apple slices and cook, stirring, until tender, about 10 minutes.
- Add 3 tablespoons of the brown sugar and stir to combine. Cook a few more seconds to dissolve the brown sugar then pour it over the cake and serve.

Nutrition Facts

PROTEIN 4.03% FAT 31.38% CARBS 64.59%

Properties

Glycemic Index:18.84, Glycemic Load:28.32, Inflammation Score:-5, Nutrition Score:7.5226087103719%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 314.05kcal (15.7%), Fat: 11.2g (17.23%), Saturated Fat: 6.79g (42.41%), Carbohydrates: 51.87g (17.29%), Net Carbohydrates: 49.77g (18.1%), Sugar: 31.77g (35.3%), Cholesterol: 43.09mg (14.36%), Sodium: 203.7mg (8.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Manganese: 0.54mg (26.93%), Selenium: 12.16µg (17.36%), Vitamin B1: 0.2mg (13.45%), Folate: 46.99µg (11.75%), Iron: 2mg (11.12%), Magnesium: 43.96mg (10.99%), Vitamin B2: 0.16mg (9.23%), Potassium: 307.95mg (8.8%), Fiber: 2.1g (8.43%), Vitamin B3: 1.61mg (8.06%), Vitamin A: 373.9IU (7.48%), Vitamin B6: 0.14mg (6.91%), Copper: 0.13mg (6.5%), Phosphorus: 47.91mg (4.79%), Calcium: 46.38mg (4.64%), Vitamin B5: 0.33mg (3.34%), Vitamin C: 2.57mg (3.12%), Vitamin E: 0.46mg (3.07%), Vitamin K: 2.26µg (2.15%), Zinc: 0.31mg (2.08%), Vitamin D: 0.28µg (1.84%)