



## Gingerbread Poke Cake

READY IN



120 min.

SERVINGS



12

CALORIES



448 kcal

DESSERT

### Ingredients

- 1 tablespoon baking soda
- 1 cup canola oil
- 2 tablespoons candied ginger chopped
- 4 egg yolk
- 2 eggs
- 3.5 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 1 tablespoon ground ginger
- 1 cup blackstrap molasses

- 0.5 teaspoon salt
- 0.3 cup sugar
- 1 cup sugar
- 1 cup water boiling
- 12 servings whipped cream
- 1 cup whipping cream

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- toothpicks
- skewers

## Directions

- Heat oven to 350F. Spray 13x9-inch pan with cooking spray. In large bowl, mix flour, crystallized ginger, ground ginger, cinnamon and salt; set aside.
- In medium bowl, mix molasses, 1 cup sugar and the oil with wire whisk until blended.
- Add eggs, one at a time, stirring with whisk until blended.
- Add molasses mixture to flour mixture, stirring with whisk until blended. In small bowl, mix boiling water and baking soda until soda is dissolved.
- Add to batter, stirring until blended.
- Pour into pan.
- Bake 40 to 45 minutes or until toothpick inserted in center comes out clean.
- In 1-quart saucepan, heat whipping cream to simmering. In small bowl, mix pasteurized egg yolks and 1/4 cup sugar; add to cream, stirring with whisk. Strain mixture through fine strainer. Poke warm cake every inch with wooden skewer halfway into cake. Slowly drizzle cream

mixture over top of cake. Cool completely, about 1 hour. Store covered in refrigerator.

Garnish with whipped cream.

## Nutrition Facts

**PROTEIN 5.7%** **FAT 29.79%** **CARBS 64.51%**

### Properties

Glycemic Index:26.6, Glycemic Load:44.32, Inflammation Score:-6, Nutrition Score:12.719999972893%

### Nutrients (% of daily need)

Calories: 447.59kcal (22.38%), Fat: 14.99g (23.06%), Saturated Fat: 6.54g (40.89%), Carbohydrates: 73.01g (24.34%), Net Carbohydrates: 71.79g (26.11%), Sugar: 44.27g (49.19%), Cholesterol: 119.05mg (39.68%), Sodium: 402.34mg (17.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Manganese: 0.88mg (44.1%), Selenium: 24.02µg (34.31%), Vitamin B1: 0.32mg (21.18%), Magnesium: 80.5mg (20.13%), Folate: 79.97µg (19.99%), Iron: 3.45mg (19.19%), Vitamin B2: 0.29mg (17.17%), Potassium: 500.72mg (14.31%), Vitamin B6: 0.25mg (12.51%), Vitamin B3: 2.48mg (12.41%), Copper: 0.21mg (10.49%), Phosphorus: 103.76mg (10.38%), Calcium: 98.71mg (9.87%), Vitamin A: 459.88IU (9.2%), Vitamin E: 1.14mg (7.57%), Vitamin B5: 0.75mg (7.49%), Vitamin D: 0.81µg (5.41%), Fiber: 1.22g (4.88%), Zinc: 0.66mg (4.43%), Vitamin B12: 0.23µg (3.86%), Vitamin K: 3.69µg (3.52%)