



## Glazed Pound Cake with Crystallized Ginger



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

DESSERT

### Ingredients

- 0.3 cup candied ginger chopped
- 1 cup confectioners' sugar
- 10 ounce round cake

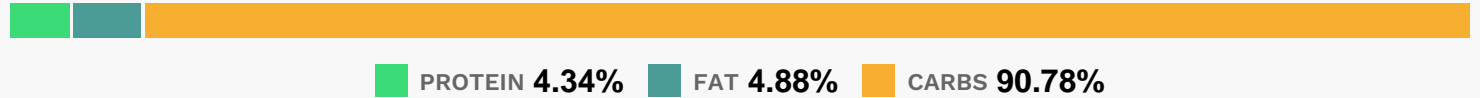
### Equipment

- bowl
- whisk

## Directions

- In a small bowl, whisk the confectioners' sugar with 1 tablespoon water to form a thick but pourable glaze (add more water, if necessary).
- Spread the glaze over the cake, letting it drip down the sides.
- Sprinkle with the ginger and let set for 20 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.9930434654588%

## Nutrients (% of daily need)

Calories: 233.56kcal (11.68%), Fat: 1.28g (1.96%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 53.38g (17.79%), Net Carbohydrates: 53.14g (19.32%), Sugar: 41.32g (45.91%), Cholesterol: 48.19mg (16.06%), Sodium: 295.65mg (12.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Vitamin B2: 0.13mg (7.7%), Vitamin B1: 0.11mg (7.65%), Iron: 1.3mg (7.21%), Phosphorus: 64.73mg (6.47%), Selenium: 4.42µg (6.31%), Folate: 22.21µg (5.55%), Manganese: 0.1mg (5%), Vitamin B3: 0.91mg (4.56%), Calcium: 33.27mg (3.33%), Vitamin B5: 0.23mg (2.26%), Vitamin B12: 0.11µg (1.89%), Zinc: 0.24mg (1.62%), Copper: 0.03mg (1.53%), Vitamin A: 72.76IU (1.46%), Potassium: 47.18mg (1.35%), Magnesium: 5.2mg (1.3%), Vitamin B6: 0.02mg (1.23%)