



Guinness Stout Gingerbread Cake

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



604 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon allspice
- ☐ 1 teaspoon baking soda
- ☐ 1 cup t brown sugar dark packed
- ☐ 1.5 cups candied ginger finely chopped
- ☐ 1 cup blackstrap molasses dark (not blackstrap)
- ☐ 2 large eggs lightly beaten
- ☐ 2.5 cups flour all-purpose
- ☐ 2 tablespoons granulated sugar

- ☐ 2 teaspoons ground cinnamon
- ☐ 2 tablespoons ground ginger
- ☐ 1 cup porter (not extra stout)
- ☐ 1 cup heavy whipping cream
- ☐ 1.5 tablespoons lemon zest (grated from 2 to 3 lemons)
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups butter (unsalted, cooled, melted)

Equipment

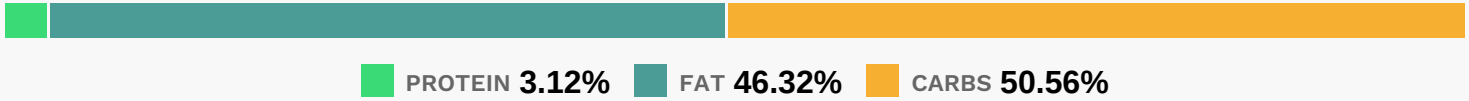
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 325°F.
- ☐ Butter two 8- by 8-in. glass or light-colored metal baking dishes. Bring Guinness stout and dark molasses to a boil in a large, deep saucepan.
- ☐ Remove from heat and whisk in baking soda (it will foam up dramatically); let cool. In a bowl, whisk together cinnamon, ginger, allspice, salt, and flour.
- ☐ In a large bowl, combine 1 cup crystallized ginger, melted butter, and dark brown sugar and stir together with a wooden spoon.
- ☐ Add eggs and lemon zest and stir once more. Gradually stir in dry ingredients in four batches, alternating with Guinness mixture.
- ☐ Pour batter into greased baking dishes, dividing evenly.
- ☐ Bake 30 to 40 minutes, or until a toothpick inserted into centers comes out clean. Cool cakes on a wire rack, then dust tops with powdered sugar.

- ☐
- Cut each cake into 4 to 6 squares and arrange on a serving platter.
- ☐
- In a small bowl, whip cream and granulated sugar together until cream holds soft peaks. Stir in all but a teaspoon of crystallized ginger and serve in a bowl alongside the cake, sprinkled with the last bit of ginger.

Nutrition Facts



Properties

Glycemic Index:17.42, Glycemic Load:25.02, Inflammation Score:-7, Nutrition Score:11.75434783749%

Nutrients (% of daily need)

Calories: 603.76kcal (30.19%), Fat: 31.31g (48.17%), Saturated Fat: 19.47g (121.69%), Carbohydrates: 76.89g (25.63%), Net Carbohydrates: 75.78g (27.56%), Sugar: 54.78g (60.86%), Cholesterol: 114.42mg (38.14%), Sodium: 227.55mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Manganese: 0.96mg (48.18%), Selenium: 17.98µg (25.69%), Vitamin A: 1048.15IU (20.96%), Magnesium: 80.62mg (20.15%), Iron: 3.05mg (16.93%), Vitamin B1: 0.23mg (15.05%), Potassium: 514.85mg (14.71%), Folate: 53.69µg (13.42%), Vitamin B2: 0.22mg (12.76%), Vitamin B6: 0.24mg (11.82%), Calcium: 107.74mg (10.77%), Copper: 0.2mg (10.13%), Vitamin B3: 1.94mg (9.71%), Phosphorus: 74.27mg (7.43%), Vitamin E: 0.95mg (6.36%), Vitamin D: 0.91µg (6.06%), Vitamin B5: 0.58mg (5.81%), Fiber: 1.1g (4.45%), Zinc: 0.49mg (3.27%), Vitamin K: 2.83µg (2.7%), Vitamin B12: 0.15µg (2.57%), Vitamin C: 1.17mg (1.42%)