



Honey Cake

 Dairy Free

READY IN



240 min.

SERVINGS



10

CALORIES



448 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 4 ounces bittersweet chocolate 60% finely chopped (cacao)
- ☐ 2 teaspoons cinnamon
- ☐ 0.3 cup coconut milk light unsweetened canned (not)
- ☐ 0.8 cup hot-brewed coffee dissolved in water) instant lukewarm brewed
- ☐ 2 teaspoons plus light
- ☐ 3 large eggs

- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 cup honey pure
- ☐ 1.5 teaspoons orange zest packed grated
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1.3 cups vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ cake form
- ☐ spatula
- ☐ measuring cup
- ☐ kugelhkopf pan
- ☐ bread knife

Directions

- ☐ Heat oven to 350°F with rack in middle. Generously spray pan, including center tube, with baking spray.
- ☐ Whisk together flour, baking powder and soda, salt, and spices in a large bowl.
- ☐ Whisk eggs well in another large bowl and whisk in sugar, oil, honey, coffee, and zest until well combined.

- ☐ Make a well in the center of the flour mixture and add the honey mixture, then stir with the whisk until the batter is smooth.
- ☐ Pour batter into pan (it's liquid enough to level itself in the pan), and bake in oven until springy to the touch and a cake tester comes out clean, 45 to 50 minutes.
- ☐ Let cake cool in the pan on a rack for 20 minutes.
- ☐ Loosen cake from the pan with a thin rubber spatula, then invert cake onto the rack (see Cooks' Notes) and cool completely.
- ☐ Bring coconut milk and corn syrup to a simmer in a small heavy pan, stirring until combined.
- ☐ Remove pan from heat and add chocolate.
- ☐ Let chocolate stand 1 minute, then stir until chocolate is melted and glaze is smooth.
- ☐ Let glaze stand, stirring occasionally, until thickened slightly, but still pourable.
- ☐ Transfer cake to a cake plate and slowly pour the chocolate glaze over the top of the cake, letting it drip down the sides. If desired, let the cake stand at room temperature until glaze is set.
- ☐ Just before serving, sprinkle glaze lightly with flaky sea salt, if using.
- ☐ •Nonstick baking spray: Normally, I'm not inclined to use nonstick baking sprays, preferring to line the bottoms of greased cake pans with parchment paper, then greasing the paper and flouring the pans to ensure that the cake releases easily from the pans, but the design of a Bundt pan makes that method impossible. While developing this recipe, I had a disaster when the top half of one cake remained in the Bundt pan when I tried to turn the cake out (and I thought I had really played it safe by using a well-oiled nonstick pan, albeit an old one). On my next attempt, I turned to the nonstick baking spray, and since then, it has worked like a charm.
- Measuring oil and honey: Both should be measured in a liquid measuring cup. The oil is listed first, because if you measure the honey in it afterward, without washing the cup, the honey will slide out easily, with barely any help needed from a rubber spatula.
- Inverting the cake onto a rack: The best way to do this is to place a rack over the top of the pan, then, holding the rack and pan together, flip the cake pan and rack over so that the cake can slide safely out of the pan onto the rack.
- Chopping chocolate: The easiest way to chop chocolate is with a long serrated bread knife. Or you can break the chocolate into squares (if you are using a bar) and pulse it in a food processor.

Nutrition Facts



PROTEIN 5.28% **FAT 25.07%** **CARBS 69.65%**

Properties

Glycemic Index:41.04, Glycemic Load:46.43, Inflammation Score:-3, Nutrition Score:9.3521739322206%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 448.07kcal (22.4%), Fat: 12.82g (19.72%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 80.14g (26.71%),
Net Carbohydrates: 78.05g (28.38%), Sugar: 53.64g (59.6%), Cholesterol: 56.48mg (18.83%), Sodium: 282.94mg
(12.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.86mg (5.62%), Protein: 6.08g (12.15%), Manganese:
0.56mg (28%), Selenium: 16.61µg (23.72%), Vitamin B1: 0.26mg (17.36%), Folate: 66.19µg (16.55%), Iron: 2.91mg
(16.18%), Vitamin B2: 0.26mg (15.25%), Phosphorus: 118.23mg (11.82%), Copper: 0.23mg (11.31%), Vitamin K: 11.19µg
(10.66%), Vitamin B3: 2.08mg (10.38%), Fiber: 2.09g (8.35%), Magnesium: 33.22mg (8.31%), Calcium: 75.93mg
(7.59%), Zinc: 0.84mg (5.63%), Vitamin B5: 0.48mg (4.81%), Vitamin E: 0.71mg (4.7%), Potassium: 161.34mg (4.61%),
Vitamin B6: 0.05mg (2.73%), Vitamin B12: 0.15µg (2.57%), Vitamin D: 0.3µg (2%), Vitamin A: 89.2IU (1.78%)