



Honey Cake for the New Year



Vegetarian



Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



392 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 1 cup brown sugar packed
- ☐ 2 teaspoons cinnamon
- ☐ 4 eggs
- ☐ 1 tablespoon ground cardamom
- ☐ 1 tablespoon ground ginger
- ☐ 1 cup honey

- ☐ 0.3 teaspoon nutmeg
- ☐ 1 cup oil
- ☐ 0.5 teaspoon salt
- ☐ 1 cup very strong warm tea hot
- ☐ 3 cups unbleached flour whole wheat good (pastry or spelt just as)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 325 degrees.
- ☐ Mix the first set of ingredients in a bowl and set aside.In a food processor beat the eggs with the sugar, the honey and the oil.
- ☐ Add the flour mixture alternately with the tea, pulsing each time 2–3 times, only until combined, beginning and ending with the flour mixture.
- ☐ Pour into a greased tube pan.
- ☐ Bake 1 hour, or until a knife inserted in the center of the cake comes out clean.Invert the cake onto a rack and let cool.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:32.42, Inflammation Score:-2, Nutrition Score:7.1378260332605%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 1.9mg, Epigallocatechin: 1.9mg, Epigallocatechin: 1.9mg, Epigallocatechin: 1.9mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3–gallate: 1.38mg, Epicatechin 3–gallate: 1.38mg, Epicatechin 3–gallate: 1.38mg, Epicatechin 3–gallate: 1.38mg Epigallocatechin 3–gallate: 2.21mg, Epigallocatechin 3–gallate: 2.21mg, Epigallocatechin 3–gallate: 2.21mg, Epigallocatechin 3–gallate: 2.21mg Theaflavin: 0.37mg, Theaflavin: 0.37mg, Theaflavin: 0.37mg, Theaflavin: 0.37mg Thearubigins: 19.19mg, Thearubigins: 19.19mg, Thearubigins: 19.19mg, Thearubigins: 19.19mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg Theaflavin–3,3'–digallate: 0.41mg, Theaflavin–3,3'–digallate: 0.41mg, Theaflavin–3,3'–digallate: 0.41mg, Theaflavin–3,3'–digallate: 0.41mg Theaflavin–3'–gallate: 0.36mg, Theaflavin–3'–gallate: 0.36mg, Theaflavin–3'–gallate: 0.36mg, Theaflavin–3'–gallate: 0.36mg Gallocatechin: 0.29mg, Gallocatechin: 0.29mg, Gallocatechin: 0.29mg, Gallocatechin: 0.29mg

Nutrients (% of daily need)

Calories: 392.25kcal (19.61%), Fat: 6.86g (10.56%), Saturated Fat: 1g (6.28%), Carbohydrates: 78.25g (26.08%), Net Carbohydrates: 76.82g (27.93%), Sugar: 49.39g (54.88%), Cholesterol: 65.47mg (21.82%), Sodium: 454.21mg (19.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.72mg (1.57%), Protein: 6.97g (13.93%), Manganese: 0.8mg (40.05%), Selenium: 21.12µg (30.17%), Phosphorus: 93.49mg (9.35%), Calcium: 89.82mg (8.98%), Vitamin E: 1.13mg (7.52%), Vitamin B2: 0.12mg (7.13%), Iron: 1.26mg (6.98%), Fiber: 1.43g (5.72%), Folate: 22.85µg (5.71%), Copper: 0.11mg (5.63%), Vitamin B5: 0.49mg (4.93%), Zinc: 0.7mg (4.69%), Magnesium: 17.85mg (4.46%), Potassium: 132.8mg (3.79%), Vitamin K: 3.49µg (3.32%), Vitamin B6: 0.07mg (3.31%), Vitamin B12: 0.16µg (2.61%), Vitamin B1: 0.04mg (2.58%), Vitamin B3: 0.51mg (2.57%), Vitamin D: 0.35µg (2.35%), Vitamin A: 97.17IU (1.94%)