



Honey Spice Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



316 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 2 teaspoons confectioners' sugar
- ☐ 2 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 0.5 cup honey
- ☐ 4 teaspoons honey
- ☐ 1 tablespoon espresso granules instant
- ☐ 1 teaspoon orange rind finely grated
- ☐ 0.5 cup greek yogurt plain thick
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ cake form

Directions

- ☐ Preheat the oven to 350
- ☐ Butter a 9-inch round cake pan, and lightly dust with flour.
- ☐ Whisk together 1 3/4 cups flour and next 5 ingredients (through allspice) in a bowl. Dissolve espresso granules in 1/4 cup water in a large bowl.
- ☐ Add sugar, honey, oil, eggs, and rind. Gradually whisk flour mixture into honey mixture.
- ☐ Pour batter into the prepared pan.
- ☐ Bake at 350 for 45 minutes, or until a wooden pick inserted in the center comes out clean. Cool in the pan 20 minutes on a wire rack; remove from pan. Cool completely on rack. Dust cake lightly with confectioners' sugar.
- ☐ Cut the cake into 8 wedges; drizzle each wedge with 1/2 teaspoon honey, and dollop with 1 tablespoon yogurt.

Nutrition Facts



 **PROTEIN 7.25%**  **FAT 23.82%**  **CARBS 68.93%**

Properties

Glycemic Index:45.2, Glycemic Load:34.54, Inflammation Score:-2, Nutrition Score:6.7613043422284%

Nutrients (% of daily need)

Calories: 315.93kcal (15.8%), Fat: 8.56g (13.17%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 55.73g (18.58%), Net Carbohydrates: 54.69g (19.89%), Sugar: 33.77g (37.52%), Cholesterol: 47.13mg (15.71%), Sodium: 277.78mg (12.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.63mg (6.54%), Protein: 5.86g (11.73%), Selenium: 14.72µg (21.03%), Vitamin B1: 0.22mg (14.86%), Manganese: 0.29mg (14.58%), Folate: 57.43µg (14.36%), Vitamin B2: 0.24mg (14.12%), Iron: 1.72mg (9.55%), Vitamin B3: 1.87mg (9.34%), Vitamin E: 1.38mg (9.22%), Phosphorus: 82.81mg (8.28%), Calcium: 54.58mg (5.46%), Vitamin K: 5.24µg (4.99%), Fiber: 1.04g (4.16%), Vitamin B5: 0.37mg (3.73%), Vitamin B12: 0.2µg (3.31%), Zinc: 0.49mg (3.24%), Copper: 0.06mg (3.18%), Magnesium: 11.98mg (3%), Potassium: 102.91mg (2.94%), Vitamin B6: 0.05mg (2.43%), Vitamin D: 0.25µg (1.67%), Vitamin A: 70.83IU (1.42%)