



Indian Pudding Cake With Molasses Cream

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



409 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 tablespoons brown sugar
- 8 ounces weight cream cheese fat-free softened
- 0.5 teaspoon cream of tartar
- 1 tablespoon rum dark
- 5 egg whites at room temperature
- 0.5 cup flour all-purpose
- 0.5 teaspoon ground cardamom

- 1.5 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground ginger
- 0.3 teaspoon nutmeg
- 0.8 cup brown sugar light packed
- 0.3 cup blackstrap molasses
- 2 tablespoons blackstrap molasses
- 0.3 cup powdered sugar
- 2 teaspoons powdered sugar
- 0.1 teaspoon salt
- 0.3 cup cream light sour
- 0.5 cup cream light sour
- 0.5 teaspoon vanilla extract
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil
- 0.8 cup cornmeal yellow

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- cake form
- wax paper
- spatula

Directions

- Preheat oven to 350-degrees. Coat a 9-inch round cake pan with non-fat cooking spray; line bottom with wax paper. Coat wax paper with cooking spray, and set pan aside.
- Combine first 6 ingredients (brown sugar through vanilla) in a large bowl; stir well, and set aside.
- Combine cornmeal, flour, baking powder, spices and salt in another bowl; stir well, and set aside. Beat egg whites and cream of tartar at high speed of a mixer until foamy. Gradually add 2 tablespoons brown sugar, beating until stiff peaks form. Gently fold egg whites and cornmeal mixture alternately into molasses mixture, beginning and ending with egg whites.
- Pour batter into prepared pan.
- Bake for 35 minutes or until a wooden pick inserted into center comes out clean.
- Let cool 10 minutes in pan on wire rack. Loosen cake from sides of pan, using a narrow metal spatula, and turn out onto a wire rack. Carefully peel off wax paper; let cool completely.
- Place cake on serving plate; sift 2 teaspoons powdered sugar over cake.
- Place cream cheese in a bowl, and beat at medium speed of a mixer until smooth.
- Add remaining ingredients, and beat until well blended.
- Serve with cake.

Nutrition Facts

PROTEIN 9.47% **FAT 28.54%** **CARBS 61.99%**

Properties

Glycemic Index:52.31, Glycemic Load:17.2, Inflammation Score:-4, Nutrition Score:11.042608644651%

Nutrients (% of daily need)

Calories: 408.87kcal (20.44%), Fat: 12.96g (19.93%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 63.33g (21.11%), Net Carbohydrates: 61.44g (22.34%), Sugar: 43.41g (48.24%), Cholesterol: 11.79mg (3.93%), Sodium: 354.3mg (15.4%), Alcohol: 0.88g (100%), Alcohol %: 0.73% (100%), Protein: 9.68g (19.36%), Manganese: 0.63mg (31.28%), Calcium: 229.67mg (22.97%), Phosphorus: 228.77mg (22.88%), Magnesium: 77.72mg (19.43%), Selenium: 13.18µg (18.82%), Vitamin K: 17.14µg (16.32%), Potassium: 562.93mg (16.08%), Vitamin B2: 0.24mg (14.19%), Vitamin B6: 0.25mg (12.52%), Iron: 2.1mg (11.66%), Vitamin B1: 0.14mg (9.09%), Copper: 0.17mg (8.71%), Folate: 33µg (8.25%), Zinc: 1.15mg (7.69%), Fiber: 1.89g (7.56%), Vitamin B12: 0.39µg (6.45%), Vitamin E: 0.89mg (5.96%), Vitamin B5: 0.58mg (5.83%), Vitamin B3: 1.15mg (5.76%), Vitamin A: 94.9IU (1.9%)