



Lemon-Drenched Gingerbread Cake



Vegetarian



Dairy Free

READY IN



47 min.

SERVINGS



12

CALORIES



291 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.7 cup firmly brown sugar light packed
- ☐ 0.5 cup canola oil
- ☐ 1 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 teaspoon ground cloves
- ☐ 1 tablespoon ground ginger
- ☐ 0.5 teaspoon lemon extract
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 12 servings garnish: lemon and orange rind
- ☐ 0.8 cup blackstrap molasses
- ☐ 12 servings powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup water
- ☐ 1 cup water hot

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ skewers
- ☐ kugelhkopf pan

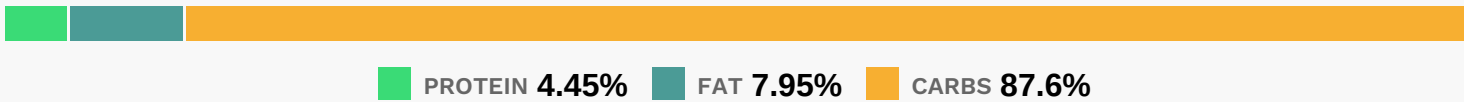
Directions

- ☐ Coat a 10-cup Bundt pan with cooking spray.
- ☐ Beat first 4 ingredients at medium speed with an electric mixer until blended.
- ☐ Combine flour and next 6 ingredients; add to molasses mixture alternately with hot water, beginning and ending with flour mixture. Beat at low speed after each addition.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 for 32 to 35 minutes or until a long wooden pick inserted in center comes out clean. Cool cake in pan on a wire rack 15 minutes.

- ☐
- Meanwhile, combine 1/2 cup sugar, 2/3 cup water, lemon juice, and lemon extract in a small saucepan; simmer over medium–low heat 5 minutes, stirring to dissolve sugar.

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Nutrition Facts



Properties

Glycemic Index:23.84, Glycemic Load:27.29, Inflammation Score:-4, Nutrition Score:8.4417390836322%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 291.24kcal (14.56%), Fat: 2.61g (4.02%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 64.84g (21.61%), Net Carbohydrates: 63.9g (23.24%), Sugar: 43.91g (48.79%), Cholesterol: 15.5mg (5.17%), Sodium: 278.93mg (12.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Manganese: 0.78mg (38.91%), Selenium: 14.36µg (20.51%), Magnesium: 60.41mg (15.1%), Vitamin B1: 0.22mg (14.4%), Iron: 2.57mg (14.25%), Folate: 50.37µg (12.59%), Potassium: 368.68mg (10.53%), Calcium: 103.56mg (10.36%), Vitamin B2: 0.15mg (8.99%), Vitamin B3: 1.8mg (8.99%), Vitamin B6: 0.17mg (8.48%), Copper: 0.16mg (7.96%), Phosphorus: 59.2mg (5.92%), Fiber: 0.94g (3.75%), Vitamin B5: 0.37mg (3.71%), Vitamin E: 0.41mg (2.73%), Zinc: 0.33mg (2.2%), Vitamin K: 1.71µg (1.63%), Vitamin C: 1.24mg (1.5%)