



Lime, Ginger and Mascarpone Cake

 Vegetarian

READY IN



250 min.

SERVINGS



10

CALORIES



834 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 250 grams butter plus more for pan chopped (8-ounces plus)
- 0.5 cup brown sugar dark
- 2 eggs
- 1 cup flour all-purpose
- 10 cm ginger fresh grated (one 3-inch piece)
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg

- 0.5 cup heavy cream
- 10 ounces heavy cream
- 0.5 cup juice of lime freshly squeezed
- 2 lime zest grated
- 5.3 ounces mascarpone cheese softened at room temperature
- 0.7 cup blackstrap molasses
- 2 orange zest grated
- 6 tablespoons powdered sugar
- 0.3 cup ricotta
- 3.5 ounces ricotta
- 1 cup self-rising flour
- 0.8 cup caster sugar
- 1 cup coconut or shredded sweetened
- 10 servings coconut or shredded sweetened for decoration
- 0.5 cup water

Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- knife
- whisk
- plastic wrap
- hand mixer
- skewers
- cutting board

Directions

- Preheat the oven to 355 degrees F or 180 degrees C. Butter a 9-inch diameter round pan and line with buttered parchment paper.
- In a small saucepan over medium heat, add the butter, brown sugar, molasses and ginger. Stir until the sugar dissolves.
- Combine the flours, baking soda, nutmeg and cinnamon in a large bowl.
- Whisk the cream, ricotta and eggs together in a medium bowl.
- Add the butter mixture, then stir into dry the ingredients along with the lime zest, orange zest and coconut.
- Pour into the prepared pan and bake for approximately 45 minutes.
- Add all the syrup ingredients to a small saucepan over low heat and stir until the sugar dissolves. Bring to a boil, then cook for 2 minutes without stirring. Keep the syrup hot.
- Prepare the filling by adding the cream to a large bowl and beating with a hand mixer, until very stiff peaks form.
- Add the mascarpone and beat lightly. Fold in the ricotta, powdered sugar, lime zest and orange zest. Cover and refrigerate until thick.
- Remove the cake from the oven. Pierce all over with a skewer, then pour the hot syrup over the cake. Cover and refrigerate, wrapped well in plastic wrap, until cold.
- Run a knife around the edge of the pan and remove the cake to a cutting board or large plate. Line the pan with plastic wrap and slice the cake horizontally into 3 layers. Return 1 layer to the pan.
- Spread with 1/3 of the filling, top with the second cake layer and cover with another 1/3 of the filling, then top with the final cake layer. Wrap and refrigerate the cake for another couple of hours or overnight. Cover the remaining cream and refrigerate until ready to use.
- When ready to serve, remove the cake from the pan to a serving plate or cake stand and frost the cake with the remaining cream. Press the shredded coconut all over the cake and serve.

Nutrition Facts



PROTEIN 4.28% **FAT 56.41%** **CARBS 39.31%**

Properties

Glycemic Index:48.21, Glycemic Load:31.31, Inflammation Score:-8, Nutrition Score:14.900869659756%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 6.85mg, Hesperetin: 6.85mg, Hesperetin: 6.85mg, Hesperetin: 6.85mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 834.47kcal (41.72%), Fat: 53.52g (82.34%), Saturated Fat: 35.57g (222.28%), Carbohydrates: 83.89g (27.96%), Net Carbohydrates: 81.21g (29.53%), Sugar: 59.43g (66.03%), Cholesterol: 155.07mg (51.69%), Sodium: 337.72mg (14.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.28%), Manganese: 1.19mg (59.68%), Selenium: 24.1µg (34.43%), Vitamin A: 1567.93IU (31.36%), Magnesium: 85.3mg (21.32%), Calcium: 168.26mg (16.83%), Potassium: 586.63mg (16.76%), Iron: 2.74mg (15.21%), Vitamin B6: 0.29mg (14.67%), Vitamin B2: 0.24mg (14.31%), Copper: 0.28mg (14.03%), Vitamin C: 11.57mg (14.02%), Phosphorus: 138.5mg (13.85%), Fiber: 2.68g (10.73%), Folate: 41.4µg (10.35%), Vitamin B1: 0.15mg (10.14%), Vitamin E: 1.3mg (8.64%), Vitamin B5: 0.85mg (8.48%), Zinc: 1.18mg (7.89%), Vitamin B3: 1.38mg (6.9%), Vitamin D: 0.85µg (5.68%), Vitamin B12: 0.24µg (4%), Vitamin K: 3.61µg (3.44%)