



WHATSheATE



Mace-Spiced Crumb Cake with Bourbon Glaze

READY IN



45 min.

SERVINGS



10

CALORIES



362 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 teaspoons bourbon
- ☐ 2 cups cake flour for dusting plus more
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup canola oil
- ☐ 0.3 cup confectioners' sugar
- ☐ 2 large eggs

- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon mace
- ☐ 0.3 cup brown sugar light
- ☐ 0.3 cup buttermilk 1.5% low-fat ()
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon butter unsalted
- ☐ 1 teaspoon vanilla extract pure
- ☐ 10 servings water

Equipment

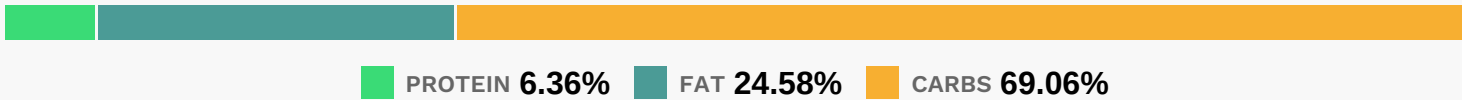
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ springform pan

Directions

- ☐ MAKE THE CRUMB TOPPING: In a bowl, combine the flour, granulated sugar, brown sugar, baking powder and salt.
- ☐ Add the oil and stir until combined. Using your fingers, pinch the mixture together to form crumbs.
- ☐ MAKE THE CAKE: Preheat the oven to 35
- ☐ Grease a 9-inch springform pan with the butter and dust with flour. In a small pitcher, combine the buttermilk and vanilla. In a medium bowl, whisk together the flour, baking powder, baking soda, salt and mace. In a large bowl, beat the sugar and oil for 1 minute.

- ☐ Add the eggs, 1 at a time, beating well after each addition. Beat in the flour mixture at low speed in 3 batches, alternating with the buttermilk, just until the batter is smooth.
- ☐ Scrape the batter into the prepared pan and scatter the crumbs on top.
- ☐ Bake the cake in the center of the oven for about 1 hour, or until a toothpick inserted in the center comes out clean.
- ☐ Transfer the cake to a rack to cool slightly.
- ☐ MAKE THE GLAZE: In a small bowl, combine the confectioners' sugar with the bourbon; add up to 1/2 teaspoon of water if the glaze is too stiff. Using a small spoon, drizzle the glaze over the warm cake.
- ☐ Let cool before unmolding.
- ☐ ONE SERVING Calories 399 kcal, Total Fat 7 gm, Saturated Fat 7 gm
- ☐ Make Ahead: The cake can be wrapped in plastic and kept at room temperature for up to 5 days or frozen for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:48.12, Glycemic Load:36.25, Inflammation Score:-2, Nutrition Score:5.8713043085907%

Nutrients (% of daily need)

Calories: 362.07kcal (18.1%), Fat: 9.89g (15.22%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 62.56g (20.85%), Net Carbohydrates: 61.61g (22.4%), Sugar: 34.68g (38.54%), Cholesterol: 38.51mg (12.84%), Sodium: 330.86mg (14.39%), Alcohol: 0.47g (100%), Alcohol %: 0.17% (100%), Protein: 5.76g (11.52%), Selenium: 17.6µg (25.14%), Manganese: 0.29mg (14.65%), Vitamin E: 1.6mg (10.66%), Folate: 36.23µg (9.06%), Vitamin B1: 0.12mg (8.3%), Vitamin B2: 0.14mg (8.12%), Phosphorus: 76.5mg (7.65%), Calcium: 65.76mg (6.58%), Iron: 1.11mg (6.18%), Copper: 0.12mg (5.79%), Vitamin K: 5.77µg (5.5%), Vitamin B3: 1.01mg (5.04%), Fiber: 0.95g (3.8%), Magnesium: 14.03mg (3.51%), Vitamin B5: 0.34mg (3.42%), Zinc: 0.49mg (3.23%), Potassium: 70.24mg (2.01%), Vitamin B6: 0.04mg (1.81%), Vitamin B12: 0.1µg (1.72%), Vitamin A: 70.21IU (1.4%), Vitamin D: 0.21µg (1.38%)