



WHATSheATE



Maple-Gingerbread Layer Cake with Salted Maple-Caramel Sauce



Vegetarian

READY IN



180 min.

SERVINGS



10

CALORIES



633 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons five-spice powder chinese
- ☐ 2.5 cups all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 1.3 cups crème fraîche chilled
- ☐ 1.5 ounces crystallized ginger chopped
- ☐ 2 large eggs

- ☐ 1.3 cups heavy whipping cream chilled
- ☐ 0.5 cup maple sugar
- ☐ 0.3 cup maple syrup pure (preferably Grade B)
- ☐ 0.7 cup mild-flavored molasses light ()
- ☐ 0.8 cup pecan halves toasted
- ☐ 6 tablespoons powdered sugar
- ☐ 0.8 cup butter unsalted room temperature ()
- ☐ 0.8 cup water hot

Equipment

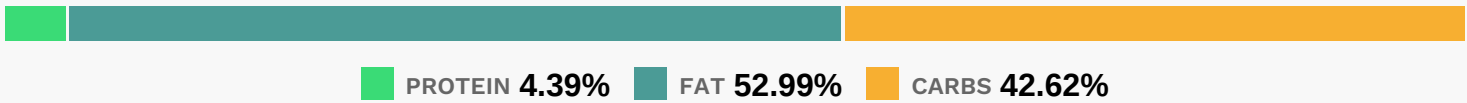
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Place large piece of foil on work surface.
- ☐ Combine nuts and maple syrup in heavy medium skillet (do not use nonstick) over medium-high heat and bring to boil, tossing to coat. Cook until syrup is dark amber and almost cooked away and thickly coats nuts, tossing often, 3 to 3 1/2 minutes. Scrape nuts onto foil. Working quickly with 2 forks, separate nuts.
- ☐ Sprinkle with coarse salt. Cool until coating is crisp and hard, about 1 hour. DO AHEAD: Pecans can be made 1 day ahead. Store airtight at room temperature.
- ☐ Preheat oven to 350°F. Butter and flour two 9-inch-diameter cake pans with 1 1/2-inch-high sides.
- ☐ Combine first 4 ingredients in processor; add ginger. Blend until ginger is finely ground, about 1 minute. Using mixer, beat maple sugar and butter in large bowl until fluffy. Beat in eggs 1 at a time (batter may look curdled). Stir 3/4 cup hot water and molasses in small bowl. Beat dry ingredients into butter mixture in 4 additions alternately with molasses mixture in 3 additions.
- ☐ Divide batter between prepared pans (about 2 1/2 cups each).

- ☐ Bake until testerinserted into center comes out clean, 30 to32 minutes. Cool cakes in pans on racks.
- ☐ Combine crème fraîche,cream, and both sugars in large bowl. Usingelectric mixer, beat until very thick and stiff.
- ☐ Cut around pan sides to loosen cakelayers; turn out onto racks.
- ☐ Place 1 cakelayer on platter.
- ☐ Spread with 1 1/3 cupsfrosting.
- ☐ Drizzle with 3 tablespoons caramelsauce. Top with second cake layer.
- ☐ Spreadremaining frosting smoothly over top andsides of cake.
- ☐ Drizzle top of cake with 3tablespoons sauce. Cover with cake dome;chill at least 1 hour. DO AHEAD: Can be made1 day ahead; keep chilled.
- ☐ Let stand at roomtemperature 30 minutes before continuing.
- ☐ Cut pecans into pieces or leave whole.Press pecans into frosting on sides of cake.
- ☐ Cut cake into wedges. Spoon sauce over.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:33.43, Inflammation Score:-7, Nutrition Score:15.744347730409%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg

Nutrients (% of daily need)

Calories: 633.16kcal (31.66%), Fat: 37.96g (58.4%), Saturated Fat: 19.97g (124.83%), Carbohydrates: 68.68g (22.89%), Net Carbohydrates: 67.04g (24.38%), Sugar: 41.96g (46.62%), Cholesterol: 127.76mg (42.59%), Sodium: 272.55mg (11.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.16%), Manganese: 1.62mg (81.03%), Selenium: 20.36µg (29.08%), Vitamin B2: 0.43mg (25.5%), Vitamin A: 1143.01IU (22.86%), Vitamin B1: 0.33mg (21.95%), Magnesium: 82.2mg (20.55%), Iron: 3.35mg (18.64%), Folate: 67.2µg (16.8%), Potassium: 537.55mg

(15.36%), Calcium: 141.49mg (14.15%), Copper: 0.28mg (14.14%), Phosphorus: 129.87mg (12.99%), Zinc: 1.75mg (11.66%), Vitamin B6: 0.23mg (11.27%), Vitamin B3: 2.23mg (11.17%), Vitamin B5: 0.75mg (7.48%), Vitamin E: 1.03mg (6.87%), Fiber: 1.64g (6.58%), Vitamin D: 0.96µg (6.42%), Vitamin B12: 0.23µg (3.89%), Vitamin K: 3.05µg (2.91%)