



Molasses Cake with Lemon Cream Cheese Frosting

READY IN



45 min.

SERVINGS



12

CALORIES



319 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 6 tablespoons butter melted
- 2 cups cake flour
- 8 ounce cream cheese softened
- 1 large eggs lightly beaten
- 1 cup nonfat buttermilk fat-free
- 1 tablespoon ginger fresh minced peeled
- 0.5 cup granulated sugar

- 1 teaspoon ground cinnamon
- 1 tablespoon lemon zest grated
- 0.8 cup blackstrap molasses
- 0.5 cup powdered sugar
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- baking pan
- wax paper
- spatula
- measuring cup

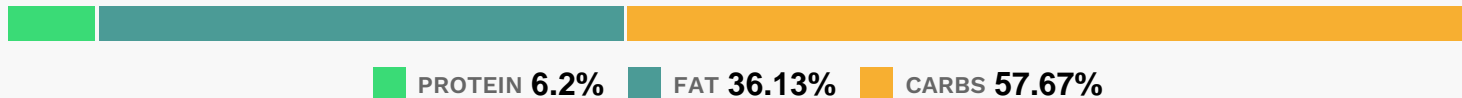
Directions

- Preheat oven to 35
- To prepare cake, coat a 9-inch square baking pan with cooking spray; line bottom of pan with wax paper. Coat wax paper with cooking spray.
- Lightly spoon flour into dry measuring cups; level with a knife. Sift together flour, baking soda, cinnamon, and salt.
- Place buttermilk and next 5 ingredients (buttermilk through egg) in a large bowl; beat with a mixer at medium speed until well blended.
- Add flour mixture to buttermilk mixture, stirring just until combined.
- Spoon batter into prepared pan.
- Bake at 350 for 35 minutes or until wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack. Loosen cake from sides of pan with a narrow metal spatula;

remove from pan. Peel off wax paper; cool completely on a wire rack.

- To prepare frosting, place powdered sugar, lemon rind, and cream cheese in a bowl; beat with a mixer at medium speed until smooth.
- Spread the frosting over top of the cake.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:22.83, Inflammation Score:-5, Nutrition Score:6.3873912951221%

Nutrients (% of daily need)

Calories: 318.73kcal (15.94%), Fat: 12.98g (19.96%), Saturated Fat: 7.6g (47.52%), Carbohydrates: 46.6g (15.53%), Net Carbohydrates: 45.94g (16.71%), Sugar: 30.76g (34.17%), Cholesterol: 50.03mg (16.68%), Sodium: 325.02mg (14.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.01%), Manganese: 0.52mg (26.09%), Selenium: 15.09µg (21.55%), Magnesium: 58.95mg (14.74%), Potassium: 364.95mg (10.43%), Vitamin A: 452.41IU (9.05%), Vitamin B6: 0.17mg (8.44%), Copper: 0.15mg (7.51%), Calcium: 73.84mg (7.38%), Iron: 1.31mg (7.26%), Phosphorus: 57.26mg (5.73%), Vitamin B2: 0.08mg (4.77%), Vitamin B5: 0.44mg (4.43%), Vitamin E: 0.46mg (3.06%), Folate: 10.88µg (2.72%), Zinc: 0.4mg (2.67%), Fiber: 0.65g (2.61%), Vitamin B3: 0.44mg (2.18%), Vitamin B1: 0.03mg (2.14%), Vitamin B12: 0.09µg (1.51%), Vitamin C: 0.92mg (1.11%)