



## Molasses Cake with Maple-Sugared Pecans

 Vegetarian  Vegan  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



753 kcal

DESSERT

### Ingredients

- 2 tablespoons apple cider vinegar
- 2 teaspoons baking soda
- 1.3 cups cane sugar raw
- 2 teaspoons cardamom
- 2 teaspoons cinnamon
- 2 tablespoons coconut oil divided melted
- 2 tablespoons coconut oil melted
- 2 cups flour all-purpose

- 2 teaspoons ground ginger
- 8 servings maple-sugared pecans
- 2 tablespoons maple sugar
- 1 teaspoon nutmeg freshly grated
- 2 cups pecans raw
- 2 tsp powdered sugar
- 2 cups rice milk unsweetened
- 0.3 teaspoon sea salt fine
- 1 cup unsulfured molasses (not blackstrap)
- 1 cup pastry flour whole-wheat

## Equipment

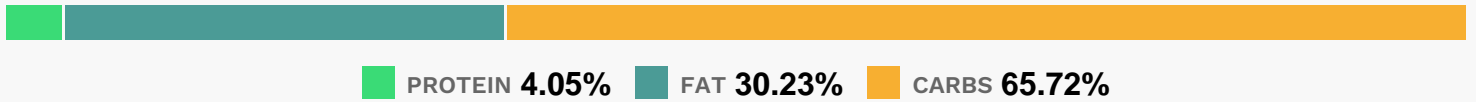
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- mixing bowl
- wire rack
- pot
- toothpicks
- stove
- kugelhopf pan

## Directions

- Preheat oven to 35
- Heat the coconut oil by setting it on top of the stove while it's preheating. The warmth will soften it so you can measure it. You can also set the jar in a pot of simmering water, which is faster.

- Spread pecans on a rimmed baking sheet and toast until fragrant, about 5 minutes.
- Transfer to a frying pan; add coconut oil, maple sugar, and sea salt; and stir to coat nuts. Cook over medium heat, until nuts smell toasted and coating is caramelized, about 5 minutes.
- Spread nuts on parchment paper, separating slightly, to cool. Chop 1 cup nuts.
- Grease a 10-cup Bundt pan with 2 tbsp. coconut oil. Sift flours, baking soda, and spices together into a large mixing bowl.
- Add maple sugar, stirring to blend.
- Mix soy milk, molasses, 3/4 cup coconut oil, and the vinegar in another bowl. Stir wet ingredients into the dry, mixing to combine (a few lumps are okay). Fold in reserved chopped nuts.
- Pour batter into prepared pan.
- Bake until a toothpick stuck in center comes out clean, about 1 hour.
- Let cake cool 15 minutes in the pan, then invert onto a cooling rack. When cool, dust with powdered sugar.
- Serve with more nuts on the side.
- \*Find at well-stocked grocery and health food stores.

## Nutrition Facts



### Properties

Glycemic Index:66.81, Glycemic Load:64.44, Inflammation Score:-7, Nutrition Score:21.522173818039%

### Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

### Nutrients (% of daily need)

Calories: 753.19kcal (37.66%), Fat: 26.21g (40.33%), Saturated Fat: 7.52g (47.02%), Carbohydrates: 128.19g (42.73%), Net Carbohydrates: 122.83g (44.67%), Sugar: 82.56g (91.74%), Cholesterol: 0mg (0%), Sodium: 392.37mg (17.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.81%), Manganese: 5.25mg (262.51%),

Magnesium: 174.4mg (43.6%), Selenium: 28.94µg (41.34%), Vitamin B1: 0.52mg (34.69%), Copper: 0.66mg (32.89%), Iron: 5.51mg (30.62%), Zinc: 4.53mg (30.2%), Potassium: 978.8mg (27.97%), Vitamin B2: 0.47mg (27.86%), Fiber: 5.35g (21.41%), Vitamin B6: 0.42mg (20.79%), Calcium: 186.2mg (18.62%), Folate: 69.52µg (17.38%), Phosphorus: 173.02mg (17.3%), Vitamin B3: 3.37mg (16.83%), Vitamin B5: 0.8mg (8.03%), Vitamin E: 0.49mg (3.27%), Vitamin K: 1.45µg (1.38%)