



WHATSheATE



Molasses-Gingerbread Cake with Mascarpone Cream



Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



546 kcal

DESSERT

Ingredients

- ☐ 1.8 teaspoons baking soda
- ☐ 0.8 cup canola oil
- ☐ 1 teaspoon cinnamon
- ☐ 2 tablespoons confectioners' sugar
- ☐ 0.8 cup brown sugar dark
- ☐ 2 eggs
- ☐ 2.3 cups flour all-purpose

- ☐ 1.8 teaspoons ground ginger
- ☐ 0.8 cup heavy cream
- ☐ 0.3 cup honey
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 cup mascarpone cheese at room temperature
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.8 teaspoon orange zest finely grated
- ☐ 1 orange zest with a vegetable peeler and sliced lengthwise into 1/8-inch strips peeled
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 0.8 cup water boiling
- ☐ 4 cups water

Equipment

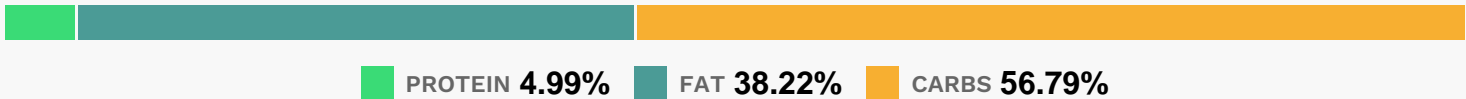
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ slotted spoon

Directions

- ☐ Make the Cake: Preheat the oven to 35
- ☐ Spray a 9-inch square baking pan with vegetable cooking spray. In a large bowl, combine the flour with the ground ginger, cinnamon, baking soda and salt. In a medium bowl, whisk the canola oil with the brown sugar, molasses, honey, eggs and lemon zest until smooth.

- ☐ Whisk the wet ingredients into the dry ingredients until combined.
- ☐ Whisk in the boiling water. Scrape the batter into the prepared pan and bake for about 1 hour and 10 minutes, until a cake tester inserted in the center of the cake comes out clean. Set the pan on a rack and let the cake cool completely, about 2 hours.
- ☐ Meanwhile, Make the Orange Confit: In a medium saucepan, combine the strips of orange zest with the water and sugar. Bring to a boil and cook over high heat until syrupy and the orange zest is soft, about 30 minutes. Using a slotted spoon, transfer the orange confit to a plate; discard the syrup.
- ☐ Make the Mascarpone Cream: In a large bowl, using an electric mixer at medium speed, beat the mascarpone with the cream, orange zest, confectioners' sugar and salt until soft peaks form.
- ☐ Cut the molasses-gingerbread cake into squares and transfer to plates. Dollop the mascarpone cream on top, garnish with the orange confit and serve.

Nutrition Facts



Properties

Glycemic Index:27.37, Glycemic Load:35.21, Inflammation Score:-6, Nutrition Score:10.583913056747%

Nutrients (% of daily need)

Calories: 546.36kcal (27.32%), Fat: 23.46g (36.09%), Saturated Fat: 12.21g (76.29%), Carbohydrates: 78.42g (26.14%), Net Carbohydrates: 77.2g (28.07%), Sugar: 53.05g (58.95%), Cholesterol: 83.79mg (27.93%), Sodium: 398.93mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.79%), Manganese: 0.69mg (34.55%), Selenium: 18.14µg (25.91%), Vitamin B1: 0.26mg (17.54%), Folate: 63.49µg (15.87%), Iron: 2.81mg (15.62%), Magnesium: 59.16mg (14.79%), Vitamin B2: 0.25mg (14.41%), Vitamin A: 701.53IU (14.03%), Calcium: 121.76mg (12.18%), Potassium: 378.31mg (10.81%), Vitamin B3: 2.13mg (10.63%), Copper: 0.18mg (9.13%), Vitamin B6: 0.18mg (8.92%), Phosphorus: 72.66mg (7.27%), Vitamin E: 0.97mg (6.44%), Vitamin B5: 0.53mg (5.29%), Fiber: 1.22g (4.87%), Vitamin D: 0.51µg (3.42%), Zinc: 0.51mg (3.4%), Vitamin K: 3.49µg (3.33%), Vitamin C: 2.5mg (3.04%), Vitamin B12: 0.12µg (1.98%)