



Molasses-Spice Cake with Lemon-Cream Cheese Frosting

READY IN



45 min.

SERVINGS



16

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.8 cup milk 1% low-fat

- ☐ 0.3 cup blackstrap molasses
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable shortening

Equipment

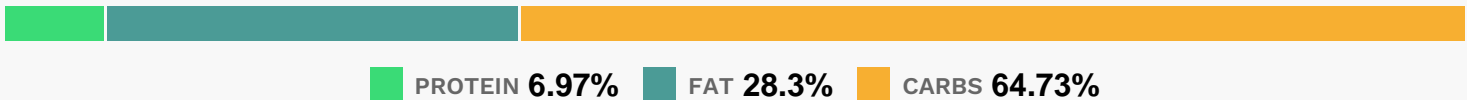
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat bottoms of 2 (9-inch) round cake pans with cooking spray (do not coat sides of pan); line bottoms with wax paper. Coat wax paper with cooking spray; dust with 1 tablespoon flour.
- ☐ Beat sugar, shortening, and vanilla extract at medium speed of a mixer for 5 minutes.
- ☐ Add eggs, 1 at a time, beating well after each addition. Lightly spoon 1 3/4 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 1 3/4 cups flour, baking powder, cinnamon, salt, allspice, and cloves, stirring well with a whisk.
- ☐ Combine milk and molasses.
- ☐ Add flour mixture to sugar mixture alternately with milk mixture, beginning and ending with flour mixture.
- ☐ Pour batter into prepared pans. Sharply tap pans once on counter to remove air bubbles.

- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans.
- ☐ Remove wax paper. Cool completely on wire rack.
- ☐ Place 1 cake layer on a plate; spread with 1/2 cup Lemon-Cream Cheese Frosting, and top with remaining cake layer.
- ☐ Spread remaining frosting over top and sides of cake. Chill 1 hour. Store cake loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:18.36, Inflammation Score:-2, Nutrition Score:4.4143478152869%

Nutrients (% of daily need)

Calories: 172.18kcal (8.61%), Fat: 5.46g (8.4%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 28.09g (9.37%), Net Carbohydrates: 27.63g (10.05%), Sugar: 17.07g (18.96%), Cholesterol: 35.43mg (11.81%), Sodium: 132.72mg (5.77%), Alcohol: 0.09g (100%), Alcohol %: 0.19% (100%), Protein: 3.02g (6.05%), Selenium: 8.92µg (12.75%), Manganese: 0.22mg (11.14%), Vitamin B1: 0.12mg (8.28%), Vitamin B2: 0.13mg (7.71%), Folate: 30.53µg (7.63%), Iron: 1.14mg (6.31%), Calcium: 56.04mg (5.6%), Phosphorus: 55.24mg (5.52%), Magnesium: 18.64mg (4.66%), Vitamin B3: 0.91mg (4.54%), Potassium: 124.43mg (3.56%), Vitamin B6: 0.06mg (3.23%), Vitamin B5: 0.32mg (3.18%), Copper: 0.05mg (2.74%), Vitamin B12: 0.15µg (2.52%), Vitamin E: 0.38mg (2.51%), Vitamin K: 2.44µg (2.32%), Vitamin D: 0.31µg (2.06%), Zinc: 0.29mg (1.92%), Fiber: 0.47g (1.87%), Vitamin A: 72.89IU (1.46%)