



New England Gingerbread Cake with Maple-Apple Butter Spread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



247 kcal

DESSERT

Ingredients

- ☐ 0.5 cup spiced apple butter
- ☐ 1 tablespoon spiced apple butter
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 6 tablespoons butter softened
- ☐ 2 large eggs

- ☐ 1 tablespoon flour all-purpose
- ☐ 2.3 cups flour all-purpose
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.3 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 tablespoon ground ginger
- ☐ 0.8 cup buttermilk low-fat
- ☐ 0.5 cup maple syrup
- ☐ 3 tablespoons maple syrup
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar

Equipment

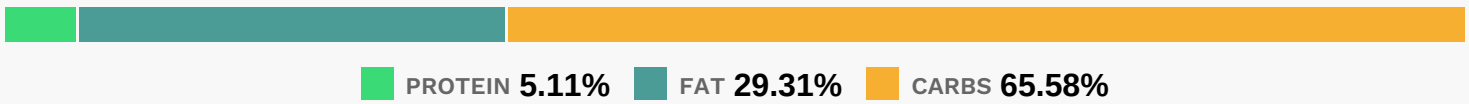
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat a 12-cup tube pan with cooking spray; dust with 1 tablespoon flour.
- ☐ Weigh or lightly spoon 10 ounces flour (about 2 1/4 cups) into dry measuring cups; level with a knife.
- ☐ Combine 10 ounces flour and next 6 ingredients (through allspice), stirring with a whisk.
- ☐ Combine buttermilk, 1/2 cup apple butter, and 1/2 cup maple syrup, stirring with a whisk.

- ☐ Place butter in a large bowl; beat with a mixer at medium speed until smooth (about 1 minute).
- ☐ Add sugar and fresh ginger; beat at medium speed until well combined (about 1 minute).
- ☐ Add eggs, 1 at a time, beating well after each addition. Beating at low speed, add flour mixture to sugar mixture alternately with buttermilk mixture, beginning and ending with flour mixture.
- ☐ Spoon batter into prepared pan.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack.
- ☐ Remove from pan; cool completely on wire rack.
- ☐ To prepare spread, place 1/4 cup butter, 3 tablespoons maple syrup, and 1 tablespoon apple butter in a bowl; beat with a mixer at high speed for 2 minutes or until well blended.
- ☐ Serve cake with spread.

Nutrition Facts



Properties

Glycemic Index:32.51, Glycemic Load:22.17, Inflammation Score:-3, Nutrition Score:5.7282608177351%

Nutrients (% of daily need)

Calories: 246.78kcal (12.34%), Fat: 8.12g (12.49%), Saturated Fat: 4.84g (30.22%), Carbohydrates: 40.86g (13.62%), Net Carbohydrates: 40.06g (14.57%), Sugar: 24.88g (27.64%), Cholesterol: 42.61mg (14.2%), Sodium: 253.05mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Manganese: 0.61mg (30.66%), Vitamin B2: 0.32mg (18.73%), Selenium: 8.65µg (12.36%), Vitamin B1: 0.16mg (10.58%), Folate: 37µg (9.25%), Iron: 1.12mg (6.2%), Vitamin B3: 1.14mg (5.68%), Calcium: 55.18mg (5.52%), Vitamin A: 261.86IU (5.24%), Phosphorus: 51.09mg (5.11%), Fiber: 0.8g (3.18%), Potassium: 94.49mg (2.7%), Magnesium: 10.51mg (2.63%), Zinc: 0.38mg (2.55%), Vitamin B5: 0.22mg (2.23%), Copper: 0.04mg (2.19%), Vitamin E: 0.3mg (1.98%), Vitamin B12: 0.1µg (1.59%), Vitamin B6: 0.03mg (1.47%)