



Parsnip Spice Cake with Ginger Cream Cheese Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



281 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter room temperature
- ☐ 4 ounces cream cheese room temperature
- ☐ 3 large eggs
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 0.8 teaspoon ground allspice

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.8 teaspoon ground cloves
- ☐ 1 tablespoon ground ginger
- ☐ 0.8 teaspoon nutmeg
- ☐ 2 cups parsnips shredded packed peeled () (3 large)
- ☐ 12 ounces powdered sugar
- ☐ 0.8 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1.5 teaspoons vanilla extract divided
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup walnuts toasted chopped
- ☐ 0.5 cup milk whole

Equipment

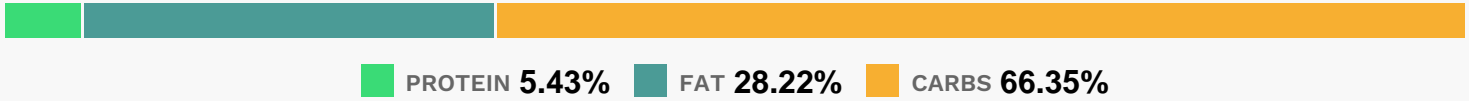
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F. Butter and flour 13x9x2-inch baking pan.
- ☐ Combine flour, sugar, ground ginger, baking powder, cinnamon, 3/4 teaspoon salt, nutmeg, allspice, and cloves in large bowl; whisk to combine.
- ☐ Whisk eggs, oil, milk, and 1 teaspoon vanilla in medium bowl to combine.
- ☐ Pour egg mixture over dry ingredients; stir until just combined. Stir in parsnips and walnuts.
- ☐ Transfer batter to prepared pan.
- ☐ Bake until tester inserted into center comes out clean, about 25 minutes. Cool cake completely in pan on rack.

- ☐ Beat cream cheese and butter in large bowl until smooth. Beat in fresh ginger and remaining 1/8 teaspoon salt and 1/2 teaspoon vanilla. Gradually add powdered sugar and beat until frosting is smooth.
- ☐ Spread over cake. (Can be prepared 1 day ahead. Cover and chill.)

Nutrition Facts



Properties

Glycemic Index:33.07, Glycemic Load:16.78, Inflammation Score:-3, Nutrition Score:6.2656522419142%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 281.3kcal (14.07%), Fat: 9.02g (13.87%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 47.7g (15.9%), Net Carbohydrates: 46.1g (16.76%), Sugar: 34.96g (38.84%), Cholesterol: 46.71mg (15.57%), Sodium: 214.76mg (9.34%), Alcohol: 0.13g (100%), Alcohol %: 0.16% (100%), Protein: 3.9g (7.81%), Manganese: 0.5mg (25.17%), Selenium: 8.5µg (12.14%), Folate: 41.47µg (10.37%), Vitamin B2: 0.15mg (8.81%), Vitamin B1: 0.13mg (8.67%), Phosphorus: 83.49mg (8.35%), Calcium: 66.74mg (6.67%), Vitamin K: 6.9µg (6.57%), Fiber: 1.6g (6.39%), Iron: 1.1mg (6.09%), Copper: 0.11mg (5.52%), Vitamin B3: 0.91mg (4.56%), Magnesium: 17.5mg (4.38%), Vitamin A: 204.02IU (4.08%), Vitamin E: 0.61mg (4.06%), Vitamin B5: 0.39mg (3.9%), Potassium: 134.74mg (3.85%), Vitamin C: 2.94mg (3.56%), Vitamin B6: 0.07mg (3.39%), Zinc: 0.51mg (3.38%), Vitamin B12: 0.14µg (2.39%), Vitamin D: 0.27µg (1.81%)