



Prune-Spice Cake with Cream Cheese Frosting

READY IN



45 min.

SERVINGS



16

CALORIES



308 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 0.5 cup egg substitute
- 1 tablespoon milk fat-free
- 2 cups flour all-purpose
- 4 teaspoons flour all-purpose
- 1 teaspoon ground allspice
- 1.5 teaspoons ground cinnamon

- 1 teaspoon ground nutmeg
- 1 tablespoon lemon rind grated
- 0.7 cup buttermilk low-fat
- 3 cups powdered sugar sifted
- 1 cup prune- cut to pieces pitted chopped
- 0.5 teaspoon salt
- 0.5 cup stick margarine softened
- 3 tablespoons stick margarine
- 1.5 teaspoons vanilla extract
- 0.8 cup water

Equipment

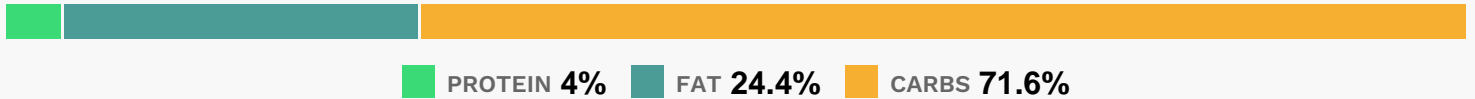
- bowl
- sauce pan
- oven
- knife
- wire rack
- blender
- measuring cup

Directions

- Preheat oven to 35
- To prepare cake, coat 2 (8-inch) round cake pans with cooking spray; dust each with 2 teaspoons flour.
- Place the prunes and water in a small saucepan, and bring to a boil.
- Remove from heat; cover and let stand 10 minutes.
- Drain.
- Beat brown sugar and 1/2 cup butter at medium speed of a mixer until well-blended.
- Add egg substitute; beat well

- Lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- Combine flour and next 6 ingredients (flour through salt) in a bowl.
- Add flour mixture to creamed mixture alternately with buttermilk, beginning and ending with flour mixture. Fold in prunes.
- Pour batter into prepared cake pans.
- Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans. Cool completely on a wire rack.
- To prepare frosting, beat cream cheese and 3 tablespoons butter at medium speed of a mixer until smooth.
- Add rind, milk, and vanilla, and beat well. Gradually add powdered sugar, beating until smooth.
- Place 1 cake layer on a plate; spread with half of frosting. Top with remaining cake layer.
- Spread remaining frosting over top of cake. (Do not spread frosting on sides of cake.)

Nutrition Facts



Properties

Glycemic Index:24.64, Glycemic Load:10.81, Inflammation Score:-4, Nutrition Score:5.1821739077568%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 308.42kcal (15.42%), Fat: 8.55g (13.15%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 56.44g (18.81%), Net Carbohydrates: 55.04g (20.02%), Sugar: 40.31g (44.79%), Cholesterol: 0.43mg (0.14%), Sodium: 299.13mg (13.01%), Alcohol: 0.13g (100%), Alcohol %: 0.16% (100%), Protein: 3.15g (6.3%), Selenium: 9.13µg (13.04%), Vitamin B1: 0.15mg (9.8%), Manganese: 0.19mg (9.7%), Vitamin A: 473.6IU (9.47%), Vitamin B2: 0.15mg (9.08%), Folate: 32.1µg (8.03%), Iron: 1.17mg (6.52%), Vitamin K: 6.6µg (6.29%), Vitamin B3: 1.2mg (6.01%), Calcium: 58.64mg (5.86%), Fiber: 1.4g (5.6%), Phosphorus: 49.18mg (4.92%), Potassium: 156.28mg (4.47%), Copper: 0.07mg (3.48%), Vitamin E: 0.5mg (3.34%), Magnesium: 12.68mg (3.17%), Vitamin B5: 0.3mg (3.01%), Vitamin B6: 0.05mg (2.57%), Zinc: 0.3mg (1.98%), Vitamin B12: 0.06µg (1.05%)