



Secret-Ingredient Spice Cake with Cinnamon Glaze

READY IN



45 min.

SERVINGS



12

CALORIES



291 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 teaspoons cinnamon
- ☐ 10.8 oz condensed tomato soup canned
- ☐ 1.3 cups confectioners' sugar
- ☐ 0.5 cup brown sugar dark

- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 stick butter unsalted at room temperature

Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Make cake: Preheat oven to 375F. Butter and flour a 10-inch tube pan. Stir together dry ingredients. With an electric mixer on high speed, beat butter and both sugars until fluffy.
- ☐ Add eggs one at a time, beating well after each.
- ☐ Reduce mixer speed and add dry ingredients to butter mixture in 3 batches, alternating with soup.
- ☐ Scrape batter into pan.
- ☐ Bake until a tester inserted in center of cake comes out clean, 35 to 40 minutes.
- ☐ Let cool in pan on a wire rack for 10 minutes, then invert onto rack and cool completely, about 2 hours.
- ☐ Make glaze: Stir together confectioners' sugar, milk and cinnamon until smooth. Spoon glaze over cake.

Nutrition Facts



 PROTEIN **5.11%**  FAT **27%**  CARBS **67.89%**

Properties

Glycemic Index:33.88, Glycemic Load:18.79, Inflammation Score:-4, Nutrition Score:5.7995652375014%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 291.49kcal (14.57%), Fat: 8.9g (13.7%), Saturated Fat: 5.24g (32.72%), Carbohydrates: 50.36g (16.79%), Net Carbohydrates: 49.24g (17.91%), Sugar: 31.77g (35.31%), Cholesterol: 51.55mg (17.18%), Sodium: 336.47mg (14.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.57%), Manganese: 0.32mg (16%), Selenium: 10.87µg (15.53%), Vitamin B1: 0.18mg (12%), Folate: 42.56µg (10.64%), Vitamin B2: 0.16mg (9.17%), Iron: 1.45mg (8.08%), Vitamin A: 385.74IU (7.71%), Vitamin B3: 1.5mg (7.48%), Phosphorus: 60.15mg (6.01%), Potassium: 200.38mg (5.73%), Calcium: 48.96mg (4.9%), Fiber: 1.12g (4.49%), Vitamin C: 3.33mg (4.03%), Copper: 0.06mg (2.98%), Magnesium: 11.42mg (2.85%), Vitamin E: 0.42mg (2.77%), Vitamin B6: 0.05mg (2.64%), Vitamin B5: 0.25mg (2.53%), Zinc: 0.34mg (2.26%), Vitamin D: 0.34µg (2.24%), Vitamin B12: 0.1µg (1.73%), Vitamin K: 1.7µg (1.62%)