



Spice Cake I



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 0.5 cup honey
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup strong coffee decoction room temperature brewed
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup sugar white

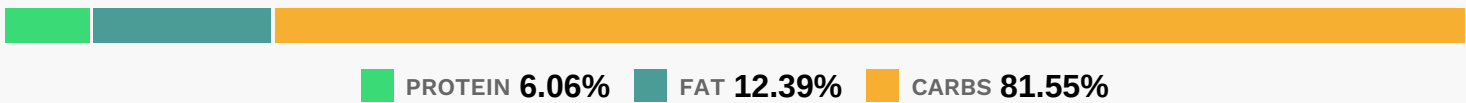
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat your oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch square pan.
- ☐ In one medium bowl, stir together four, baking powder, baking soda, salt, nutmeg, cinnamon, cloves, and ginger. Next, stir in sugar, honey, oil, and coffee. With an electric beater at medium speed, beat batter for two minutes; add egg, and beat for one minute longer.
- ☐ Pour into prepared pan.
- ☐ Bake until a cake tester inserted in center comes out clean, about 45 minutes. Cool completely before serving, and then enjoy!

Nutrition Facts



Properties

Glycemic Index:45.55, Glycemic Load:35.23, Inflammation Score:-2, Nutrition Score:5.7752173808606%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 259.84kcal (12.99%), Fat: 3.65g (5.62%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 54.13g (18.04%), Net Carbohydrates: 53.15g (19.33%), Sugar: 30.02g (33.35%), Cholesterol: 20.46mg (6.82%), Sodium: 276.66mg (12.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.93mg (1.98%), Protein: 4.02g (8.04%), Selenium: 12.57µg (17.96%), Vitamin B1: 0.25mg (16.68%), Manganese: 0.31mg (15.44%), Folate: 60.62µg (15.15%), Vitamin B2: 0.2mg (11.85%), Iron: 1.73mg (9.6%), Vitamin B3: 1.91mg (9.56%), Phosphorus: 57.36mg (5.74%), Vitamin K: 5.24µg (5%), Calcium: 40.25mg (4.03%), Fiber: 0.98g (3.91%), Copper: 0.06mg (3%), Vitamin B5: 0.27mg (2.74%), Zinc: 0.35mg (2.32%), Magnesium: 9.1mg (2.28%), Vitamin E: 0.31mg (2.05%), Potassium: 61.85mg (1.77%), Vitamin B6: 0.03mg (1.46%)