

Spice Cake with Cider Glaze

READY IN



45 min.

SERVINGS



16

CALORIES



227 kcal

DESSERT

Ingredients

- 1 cup apple cider
- 2 teaspoons apple-pie spice
- 1 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 0.3 cup butter softened
- 2 tablespoons canola oil
- 4 large eggs
- 15.8 ounces flour all-purpose
- 0.5 teaspoon ground cardamom

- 1 cup buttermilk reduced-fat
- 16 servings try build-a-meal
- 0.3 teaspoon salt
- 1 cup sugar
- 1 teaspoon sugar
- 0.5 teaspoon vanilla extract

Equipment

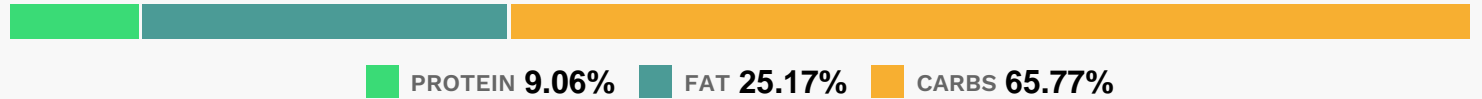
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup
- kugelhopf pan

Directions

- Preheat oven to 350.To prepare cake, lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 5 ingredients (through salt) in a large bowl; stir with a whisk.
- Combine 1 cup sugar, butter, and oil in a large bowl; beat with a mixer at medium speed until light and fluffy (about 5 minutes).
- Add eggs, 1 at a time, beating well after each addition.
- Combine buttermilk and 1 cup cider in a small bowl.
- Add flour mixture and cider mixture alternately to sugar mixture, beginning and ending with flour mixture. Stir in vanilla.

- Pour into a Bundt pan coated with cooking spray.
- Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack. To prepare glaze, combine 1 cup cider and 1 teaspoon sugar in a small saucepan over medium-low heat; bring to a simmer. Cook until reduced to 1/4 cup (about 15 minutes).
- Drizzle glaze over each serving of cake.

Nutrition Facts



Properties

Glycemic Index:25.18, Glycemic Load:25.04, Inflammation Score:-3, Nutrition Score:6.4252173667369%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 227.01kcal (11.35%), Fat: 6.37g (9.8%), Saturated Fat: 2.51g (15.68%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 36.4g (13.23%), Sugar: 15.03g (16.7%), Cholesterol: 54.73mg (18.24%), Sodium: 263.83mg (11.47%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 5.16g (10.32%), Selenium: 14.26µg (20.37%), Manganese: 0.33mg (16.5%), Vitamin B1: 0.24mg (15.73%), Folate: 58.01µg (14.5%), Vitamin B2: 0.23mg (13.4%), Iron: 1.7mg (9.42%), Vitamin B3: 1.74mg (8.7%), Phosphorus: 82.33mg (8.23%), Calcium: 47.98mg (4.8%), Fiber: 1.06g (4.26%), Vitamin B5: 0.38mg (3.81%), Vitamin E: 0.56mg (3.76%), Magnesium: 13.14mg (3.29%), Zinc: 0.49mg (3.29%), Vitamin A: 164.1IU (3.28%), Copper: 0.06mg (3.1%), Potassium: 95.66mg (2.73%), Vitamin B12: 0.15µg (2.5%), Vitamin B6: 0.05mg (2.33%), Vitamin K: 1.76µg (1.68%), Vitamin D: 0.25µg (1.67%)