



Spice Cake with Ginger Glaze



Vegetarian



Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



352 kcal

DESSERT

Ingredients

- ☐ 1 cup apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup canola oil
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons ginger grated (from 3-inch piece of ginger)

- ☐ 1 cup powdered sugar
- ☐ 1 tablespoon pumpkin pie spice
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts chopped

Equipment

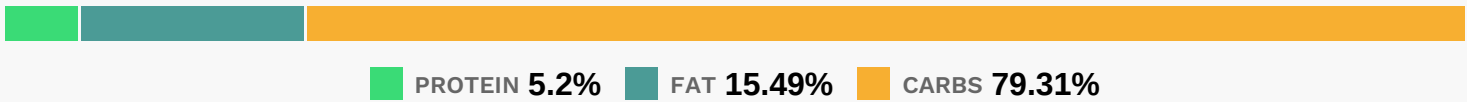
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ cake form
- ☐ spatula
- ☐ offset spatula
- ☐ cheesecloth

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Spray an 8-inch cake pan or Bunt pan with nonstick cooking spray.
- ☐ Place the grated ginger in 2 layers of cheesecloth, or in 2 layers of paper towels. Squeeze to extract the juice, and set both the ginger and juice aside.
- ☐ In a large bowl, whisk together the flour, pumpkin pie spice, baking powder, baking soda and juiced grated ginger.
- ☐ In a separate bowl, whisk the egg with the brown sugar, applesauce, canola oil and vanilla until well combined. Stir the wet ingredients into the dry ingredients until thoroughly incorporated. Scrape the batter into the prepared cake pan, leveling the top with a spatula.
- ☐ Bake until a toothpick inserted in the center comes out mostly clean with a few crumbs clinging to it, 40 to 45 minutes.

- ☐
- Remove from the oven. When cool enough to handle, invert the cake onto a wire cooling rack.
- ☐
- For the glaze, stir together the powdered sugar with the reserved ginger juice. If the glaze is too thick, just add a little water to form a pourable but still thick consistency.
- ☐
- When the cake is completely cooled, about 1 hour, pour the glaze onto the center and use an offset spatula to help the glaze run down the sides.
- ☐
- Sprinkle the edges with the chopped walnuts to garnish.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:17.49, Inflammation Score:-3, Nutrition Score:7.24695647022%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 352.31kcal (17.62%), Fat: 6.16g (9.47%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 70.97g (23.66%), Net Carbohydrates: 69.38g (25.23%), Sugar: 44.58g (49.53%), Cholesterol: 20.46mg (6.82%), Sodium: 139.29mg (6.06%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 4.65g (9.31%), Manganese: 0.49mg (24.57%), Selenium: 13.06µg (18.66%), Vitamin B1: 0.27mg (17.97%), Folate: 65.01µg (16.25%), Iron: 2.15mg (11.92%), Vitamin B2: 0.2mg (11.73%), Vitamin B3: 1.98mg (9.92%), Phosphorus: 72.68mg (7.27%), Calcium: 70.52mg (7.05%), Copper: 0.14mg (6.96%), Fiber: 1.59g (6.35%), Magnesium: 19.05mg (4.76%), Vitamin E: 0.66mg (4.41%), Potassium: 133.3mg (3.81%), Vitamin B6: 0.07mg (3.48%), Zinc: 0.45mg (2.99%), Vitamin B5: 0.3mg (2.96%), Vitamin K: 2.57µg (2.45%)