



Triple-Ginger Pound Cake

READY IN



155 min.

SERVINGS



24

CALORIES



352 kcal

DESSERT

Ingredients

- 3 cups flour all-purpose
- 2 teaspoons ground ginger
- 1 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 2.8 cups granulated sugar
- 1.3 cups butter softened
- 1 tablespoon ginger grated
- 1 teaspoon vanilla
- 5 eggs

- 1 cup evaporated milk
- 0.5 cup candied ginger finely chopped
- 2 cups whipping cream
- 2 tablespoons powdered sugar
- 20 oz pineapple crushed drained well canned

Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 350°F. Grease and flour 12-cup fluted tube cake pan, 10-inch angel food (tube) cake pan or 2 (9x5-inch) loaf pans. In medium bowl, mix flour, ground ginger, baking powder and salt; set aside.
- In large bowl, beat granulated sugar, butter, gingerroot, vanilla and eggs with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 5 minutes, scraping bowl occasionally. Beat in flour mixture alternately with milk on low speed. Fold in candied or crystallized ginger until evenly mixed.
- Spread in pan.
- Bake fluted tube or angel food cake pan 1 hour 10 minutes to 1 hour 20 minutes, loaf pans 1 hour to 1 hour 10 minutes, or until toothpick inserted in center comes out clean. Cool 20 minutes; remove from pan to cooling rack. Cool completely, about 1 hour.
- In chilled large bowl, beat whipping cream and powdered sugar on high speed until stiff. Fold in pineapple.
- Serve cake with pineapple cream.

Nutrition Facts

PROTEIN 4.79% FAT 46.73% CARBS 48.48%

Properties

Glycemic Index:10.5, Glycemic Load:24.67, Inflammation Score:-5, Nutrition Score:5.6695652785509%

Nutrients (% of daily need)

Calories: 352.32kcal (17.62%), Fat: 18.6g (28.62%), Saturated Fat: 7.34g (45.85%), Carbohydrates: 43.42g (14.47%), Net Carbohydrates: 42.66g (15.51%), Sugar: 30.84g (34.27%), Cholesterol: 59.56mg (19.85%), Sodium: 184.21mg (8.01%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 4.29g (8.59%), Vitamin A: 800.91IU (16.02%), Selenium: 9.28µg (13.26%), Vitamin B2: 0.2mg (11.99%), Vitamin B1: 0.16mg (10.71%), Folate: 35.89µg (8.97%), Manganese: 0.17mg (8.38%), Phosphorus: 76.26mg (7.63%), Calcium: 65.6mg (6.56%), Iron: 1.06mg (5.87%), Vitamin B3: 1.05mg (5.26%), Vitamin E: 0.68mg (4.51%), Vitamin D: 0.51µg (3.41%), Vitamin B5: 0.34mg (3.38%), Potassium: 118.45mg (3.38%), Magnesium: 12.89mg (3.22%), Vitamin C: 2.58mg (3.13%), Copper: 0.06mg (3.08%), Fiber: 0.76g (3.03%), Vitamin B6: 0.05mg (2.75%), Zinc: 0.39mg (2.6%), Vitamin B12: 0.14µg (2.37%)