



Tropical Gingerbread Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 3 large egg whites
- ☐ 4 large egg whites
- ☐ 2 large egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons ginger fresh peeled finely chopped

- ☐ 0.8 cup granulated sugar
- ☐ 0.8 cup granulated sugar divided
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup lite coconut milk light
- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.3 cup orange marmalade
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.3 cup coconut sweetened flaked toasted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water

Equipment

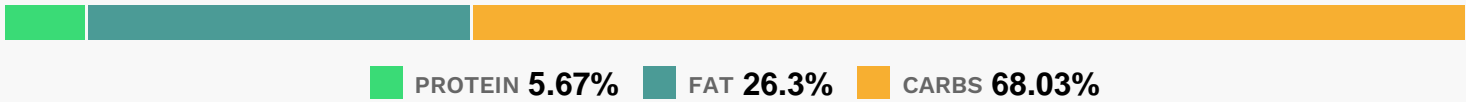
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, lightly coat 2 (9-inch) cake pans with cooking spray.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, cinnamon, and 1/4 teaspoon salt, stirring well with a whisk.

- ☐ Place butter, 1/2 cup granulated sugar, brown sugar, and ginger in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes).
- ☐ Add egg yolks, 1 at a time, beating well after each addition. Beat in molasses. Beating at low speed, add flour mixture to butter mixture alternately with coconut milk, beginning and ending with flour mixture.
- ☐ Place 4 egg whites in a large, clean bowl; beat with a mixer at high speed until soft peaks form using clean, dry beaters. Gradually add remaining 1/4 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Gently stir one-fourth of egg white mixture into batter; gently fold in remaining egg white mixture.
- ☐ Pour batter into prepared pans.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack.
- ☐ Remove from pans; cool completely on wire racks.
- ☐ To prepare frosting, place 3 egg whites and dash of salt in a large bowl; beat with a mixer at high speed until foamy using clean, dry beaters.
- ☐ Combine 3/4 cup granulated sugar and 1/4 cup water in a small saucepan; bring to boil. Cook, without stirring, until candy thermometer registers 25
- ☐ Pour hot sugar syrup in a thin stream over egg white mixture, beating at high speed until stiff peaks form. Beat in vanilla.
- ☐ Place 1 cake layer on a plate; spread with marmalade and 1 cup frosting. Top with remaining cake layer.
- ☐ Spread remaining frosting over top and sides of cake; sprinkle top of cake with toasted coconut. Store cake loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:26.32, Glycemic Load:22.62, Inflammation Score:-2, Nutrition Score:4.063478294922%

Nutrients (% of daily need)

Calories: 255.16kcal (12.76%), Fat: 7.56g (11.63%), Saturated Fat: 4.85g (30.32%), Carbohydrates: 44g (14.67%), Net Carbohydrates: 43.36g (15.77%), Sugar: 30.93g (34.37%), Cholesterol: 38.2mg (12.73%), Sodium: 153.92mg (6.69%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 3.67g (7.34%), Selenium: 10.34µg (14.77%), Vitamin B2: 0.16mg (9.39%), Manganese: 0.18mg (8.99%), Vitamin B1: 0.13mg (8.6%), Folate: 33.15µg (8.29%), Iron: 1.04mg (5.77%), Vitamin B3: 0.99mg (4.96%), Vitamin A: 211.2IU (4.22%), Phosphorus: 37.43mg (3.74%), Calcium: 36.47mg (3.65%), Magnesium: 13.25mg (3.31%), Potassium: 101.08mg (2.89%), Copper: 0.06mg (2.78%), Fiber: 0.64g (2.56%), Vitamin B5: 0.2mg (2.01%), Vitamin B6: 0.04mg (1.88%), Vitamin E: 0.24mg (1.57%), Zinc: 0.2mg (1.31%), Vitamin B12: 0.07µg (1.11%)