

# Gingerbread Flan Cake

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

1/4 cup margarine  
1/4 cup sugar  
1 egg  
1/2 cup molasses  
1 1/4 cups all-purpose flour  
1 teaspoon baking soda  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground ginger  
1/4 teaspoon salt  
1/2 cup hot water  
1 can prepared peaches  
WHIPPED CREAM with  
GELATIN  
1 cup heavy whipping cream  
1/2 teaspoon unflavored gelatin  
1 tablespoon water  
2 teaspoons vanilla extract

Preheat the oven to 375 degrees.

In a large bowl, cream the margarine, sugar and egg until light and fluffy. Add the molasses and blend.

In a bowl, sift together the flour, baking soda, nutmeg, ginger and salt. Add to the creamed mixture together with the hot water. Beat for 1 minute. Pour into a greased and floured flan pan.

Bake for 20 minutes or until the flan tests done.

Cool for 35 minutes in the pan. Remove from the pan and place on a serving dish.

Fill the cake with one can of prepared peaches.

Prepare the whipped cream: Soften 1/2 teaspoon of gelatin in a small metal cup containing one tablespoon of cold water. Set the cup in a pan of boiling water or over very low heat. Stir until the gelatin is dissolved. Beat the dissolved gelatin into the whipping cream just until it begins to thicken. Top the cake with the whipped cream.

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Per Serving (excluding unknown items): 2538 Calories; 140g Fat (49.5% calories from fat); 28g Protein; 295g Carbohydrate; 4g Dietary Fiber; 538mg Cholesterol; 2559mg Sodium. Exchanges: 8 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 27 Fat; 11 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	2538	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	49.5%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	46.2%	Thiamin B1 (mg):	1.4mg
% Calories from Protein:	4.4%	Riboflavin B2 (mg):	1.3mg
Total Fat (g):	140g	Folacin (mcg):	275mcg
Saturated Fat (g):	65g	Niacin (mg):	11mg
Monounsaturated Fat (g):	49g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	18g	Alcohol (kcal):	25
Cholesterol (mg):	538mg	% Deficit:	n.n%
Carbohydrate (g):	295g		
Dietary Fiber (g):	4g	<b>Food Exchanges</b>	
Protein (g):	28g	Grain (Starch):	8
Sodium (mg):	2559mg	Lean Meat:	1
Potassium (mg):	2848mg	Vegetable:	0
Calcium (mg):	565mg	Fruit:	0
Iron (mg):	16mg	Non-Fat Milk:	1/2
Zinc (mg):	3mg	Fat:	27
Vitamin C (mg):	2mg	Other Carbohydrates:	11
Vitamin A (i.u.):	5761IU		
Vitamin A (r.e.):	1523 1/2RE		

## Nutrition Facts

### Amount Per Serving

Calories 2538                      Calories from Fat: 1255

### % Daily Values\*

<b>Total Fat</b>	140g	216%
Saturated Fat	65g	323%
<b>Cholesterol</b>	538mg	179%
<b>Sodium</b>	2559mg	107%
<b>Total Carbohydrates</b>	295g	98%
Dietary Fiber	4g	18%
<b>Protein</b>	28g	
<b>Vitamin A</b>		115%
<b>Vitamin C</b>		3%
<b>Calcium</b>		56%
<b>Iron</b>		89%

\* Percent Daily Values are based on a 2000 calorie diet.