

Spice Cake with Molasses Cream Cheese Frosting

Greg Potent's Baking in America: Traditional and Contemporary Favorites from the Past 200 Years
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Servings: 16

CAKE

2 1/2 cups sifted cake flour
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1 teaspoon ground ginger
1/2 teaspoon grated nutmeg
1/2 teaspoon ground allspice
1/4 teaspoon ground cloves
1/2 cup (1 stick) unsalted butter,
room temperature
1/4 cup vegetable shortening
1 cup granulated sugar
1 teaspoon vanilla extract
4 eggs
1/3 cup molasses
3/4 cup buttermilk
FROSTING
1 1/2 pounds cream cheese, room
temperature
2 cups powdered sugar
2 tablespoons molasses
1/4 cup (1/2 stick) unsalted butter,
room temperature
1 tablespoon vanilla extract

Preheat the oven to 350 degrees.

Butter two nine-inch round cake pans and dust with flour.

To prepare the cake, resift the cake flour with baking soda, salt and the spices.

In a large bowl, combine the butter and shortening. Beat with an electric mixer until very smooth, about 1 minute. Add the sugar and vanilla. Beat on medium-high speed for 5 minutes. Add the eggs one at a time, beating for 30 seconds after each addition. Add the molasses and beat on medium speed for 30 seconds.

Add the flour mixture and buttermilk alternately, beginning and ending with the flour mixture and beating only until the batter is smooth. Divide the batter evenly between the prepared pans.

Bake for 25 to 30 minutes, until the layers are golden brown and spring back when gently pressed in the center. Do not overbake. Let cool for 10 minutes. Remove from the pans and let cool completely.

To prepare the frosting: beat the cream cheese and sugar in a medium bowl until smooth. Add the molasses, butter and vanilla and beat just until smooth.

Place a cake layer on a plate. Spread with 1-1/2 cups of frosting. Top with the second layer. Spread the remaining frosting over the top and sides.

Refrigerate.

Before serving, allow the cake to return to room temperature.

Add the flour mixture and buttermilk alternately, beginning and ending with the flour mixture and beating only until the batter is smooth. Divide the batter e

Per Serving (excluding unknown items): 437 Calories; 24g Fat (48.9% calories from fat); 7g Protein; 50g Carbohydrate; trace Dietary Fiber; 112mg Cholesterol; 305mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 4 1/2 Fat; 3 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	437	Vitamin B6 (mg):	.1mg
% Calories from Fat:	48.9%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	45.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	24g	Folacin (mcg):	16mcg
Saturated Fat (g):	14g	Niacin (mg):	1mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	3
Cholesterol (mg):	112mg	% Daily Value:	0.0%
Carbohydrate (g):	50g		
Dietary Fiber (g):	trace		
Protein (g):	7g		
Sodium (mg):	305mg		
Potassium (mg):	246mg		
Calcium (mg):	80mg		
Iron (mg):	3mg		
Zinc (mg):	1mg		
Vitamin C (mg):	trace		
Vitamin A (i.u.):	836IU		
Vitamin A (r.e.):	241 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	3

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 437 **Calories from Fat:** 214

		% Daily Values*
Total Fat	24g	37%
Saturated Fat	14g	69%
Cholesterol	112mg	37%
Sodium	305mg	13%
Total Carbohydrates	50g	17%
Dietary Fiber	trace	1%

Protein 7g

Vitamin A	17%
Vitamin C	0%
Calcium	8%
Iron	14%

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