

Spice Snack Cake

Ingredients	16 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, whole wheat	4.25 oz	1 cup	1 lb 1 oz	4 cups	<ol style="list-style-type: none"> 1. Preheat conventional oven to 350° F or convection oven to 325° F. 2. Line pan(s) with parchment paper. For 16 servings, use one 9 X 9" cake pan; for 48 servings, use one 13 X 18 x 1" half sheet pan. 3. In medium mixing bowl, combine flour, cornstarch, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg until blended well. (May prepare dry mix ahead).
Cornstarch	1 oz	¼ cup	3 oz	¾ cup	
Baking Powder		1 tsp		1 Tbsp	
Baking Soda		¼ tsp		¾ tsp	
Salt		½ tsp		1 ½ tsp	
Cinnamon, ground		½ tsp		1 ½ tsp	
Ginger, ground		¼ tsp		¾ tsp	
Nutmeg, ground		⅛ tsp		¼ tsp	
Buttermilk, lowfat*	4 oz	½ cup	1 lb 2 oz	2 ¼ cups	<ol style="list-style-type: none"> 4. In large mixing bowl, whisk or beat together buttermilk, sugar, dark corn syrup, melted butter, eggs, vegetable oil, and vanilla until smooth. 5. <i>Optional: If adding raisins, toss raisins with flour mixture.</i> 6. Add flour mixture in 4-6 scoops to liquid mixture, beating until smooth, about 3 minutes. 7. Pour into prepared half sheet pan and bake in center of oven 25-30 minutes. If baking in a convection oven, turn pan once. If including raisins, add 5 minutes to total baking time, if needed. 8. Cool on wire cooling racks.
Sugar, granulated	4.5 oz	⅔ cup	14.1 oz	2 cups	
Corn syrup, dark	2.9 oz	¼ cup	8.8 oz	¾ cup	
Eggs, whole, large	3.5 oz	2 each	7 oz	4 each	
Butter, unsalted, melted	1 oz	2 Tbsp	4 oz	½ cup	
Oil, vegetable		2 Tbsp	1.5 oz	¼ cup	
Vanilla Extract		1 tsp		1 Tbsp	
<i>Optional: Raisins, seedless, conditioned**</i>	3 oz	⅔ cup	10 oz	2 cups	
Powdered sugar	2 oz	½ cup	4 oz	1 cup	
Vanilla Extract		½ tsp		1 tsp	
Milk, 1%		1-2 Tbsp	1 oz	2-3 Tbsp	

*Substitute option for buttermilk: Whisk 2 cups + 2 Tbsp of lowfat (1%) milk with 2 Tbsp white vinegar. Let stand 5 minutes.

**Condition raisins by covering with water and draining; allow to stand 5 minutes or overnight, covered, in refrigerator before adding.

Spice Snack Cake, cont.

Serving Size – 1 piece (1.7 oz/49 grams without raisins or 1.9 oz/55 grams with raisins)
 Credits as 0.5 oz eq Grains in the School Nutrition Programs
 Provides 10 grams whole grain per serving

Without Raisins

Nutrition Facts	
Serving Size (49g) Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 160mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 2g	
Vitamin A 2% • Vitamin C 0%	
Calcium 2% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

With Raisins

Nutrition Facts	
Serving Size (55g) Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 160mg	7%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 2g	
Vitamin A 2% • Vitamin C 0%	
Calcium 2% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients by weight:

Buttermilk (1%), whole wheat flour, granulated sugar, *raisins*, corn syrup, eggs, butter, *powdered sugar*, cornstarch, *milk (1%)*, vegetable oil, vanilla, baking powder, salt, baking soda, cinnamon, ginger, nutmeg

Optional recipe ingredients are included in italics



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: www.karosyrup.com and www.argostarch.com, Low-fat Spice Cake

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association

