

Brown Sugar–Spice Cake

YIELD: One (9- or 10-cup) Bundt® cake, 16 servings

BAKING TEMPERATURE: 350°F

BAKING TIME: 45 to 50 minutes

Once in a while a cake comes along that's just right for every occasion. Whether for breakfast, lunch, tea, dinner, hostess gift or bake sale, this tender spice cake with a hint of apple in the background will be a memorable addition to any gathering. We don't think you'll have it around for long, but just in case, you should also know that it keeps (or ships) well.

Cake

- 1 cup (2 sticks, 8 ounces) unsalted butter, softened
- 2 cups (16 ounces) packed light or dark brown sugar
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground allspice
- ½ teaspoon ginger
- 4 large eggs
- 2½ cups (10 ounces) whole wheat flour, traditional or white whole wheat
- ½ cup (4 ounces) apple juice
- ⅔ cup (3 ounces) walnuts or pecans, toasted (see "Toasting Nuts" in the Glossary) and chopped
- ⅓ cup (2¼ ounces) minced crystallized ginger

Glaze

- 2 tablespoons (1 ounce) unsalted butter
- ½ cup (3½ ounces) granulated sugar
- ⅓ cup (2⅝ ounces) apple juice
- 1 tablespoon lemon juice
- ¼ teaspoon ginger

Preheat the oven to 350°F. Grease and flour a 9- or 10-cup Bundt pan.

Beat together the butter, sugar, baking powder, salt and spices in a large mixing bowl. Add one egg and beat until smooth. Scrape the sides and bottom of the bowl, and add the remaining eggs, one at a time, beating until the mixture is smooth and fluffy after each addition. Add the flour, one-third at a time, alternately with the apple juice. Be sure to scrape the bottom and sides of the bowl after each addition. Blend in the nuts and ginger.

Scoop the batter into the pan and level the top with the back of a spoon or a spatula. Bake the cake until a tester inserted in the center comes out clean, 45 to 50 minutes.

Remove the cake from the oven, and let it cool in the pan for 15 minutes.

While the cake is cooling, make the glaze. Heat together the butter, sugar, apple juice, lemon juice and ginger in a small saucepan set over low heat. Stir until the butter is melted and the sugar dissolves, then bring the mixture to a boil.

Turn the cake out of the pan, and poke the top all over with a cake tester or a toothpick. Brush the top of the warm cake with the warm glaze. Repeat until all the glaze has been soaked up.

NUTRITION INFORMATION PER SERVING (1/16 CAKE, WITH GLAZE, 103G): 18g whole grains, 374 cal, 18g fat, 5g protein, 16g complex carbohydrates, 35g sugar, 3g dietary fiber, 90mg cholesterol, 133mg sodium, 231mg potassium, 152RE vitamin A, 1mg vitamin C, 2mg iron, 81mg calcium, 153mg phosphorus.