



## Date & ginger malt loaf



Vegetarian

READY IN



**105 min.**

SERVINGS



**10**

CALORIES



**411 kcal**

SIDE DISH

### Ingredients

- ☐ 200 g butter for greasing cut into cubes, plus extra
- ☐ 140 g stoned date chopped
- ☐ 410 ml evaporated milk canned
- ☐ 100 g brown sugar dark soft
- ☐ 225 g flour plain
- ☐ 3 tbsp liquid malt extract (we used Horlicks)
- ☐ 2 tsp ground ginger
- ☐ 50 g stem ginger roughly chopped (reserve the syrup)

- ☐ 2 tsp bicarbonate of soda
- ☐ 2 large eggs
- ☐ 50 g stem ginger chopped
- ☐ 5 tbsp ginger syrup (from the stem ginger jar)
- ☐ 5 tbsp icing sugar

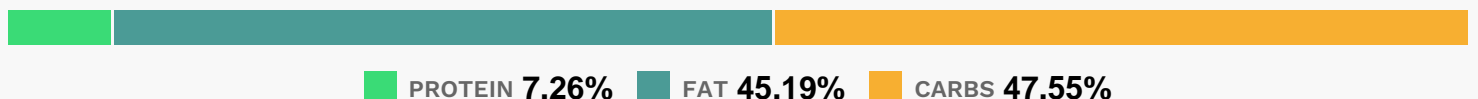
## Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ cake form
- ☐ skewers

## Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Grease and line a 900g/2lb loaf tin with baking parchment.
- ☐ Put the dates, evaporated milk and sugar in a small saucepan, bring to the boil and cook for 5 mins until the dates are soft and the sugar has dissolved. Leave to cool.
- ☐ Put the flour, malted milk powder, ground ginger, stem ginger, bicarb and butter into a food processor, and blitz until the mixture resembles breadcrumbs.
- ☐ Pour in the cooled date mixture and the eggs, and pulse briefly until the mixture is combined. Tip into your prepared tin and bake for 1 hr 15 mins until a skewer inserted comes out clean. Leave to cool for 10 mins in the tin, then transfer to a wire rack.
- ☐ Combine all the ingredients for the drizzle and spoon over the cake. Leave to set before serving. This cake is delicious if eaten on the day it is made, but will improve after a day or 2 in the cake tin.

## Nutrition Facts



## Properties

Glycemic Index:22.2, Glycemic Load:17.62, Inflammation Score:-6, Nutrition Score:9.1408697159394%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 410.66kcal (20.53%), Fat: 21.02g (32.34%), Saturated Fat: 12.75g (79.7%), Carbohydrates: 49.77g (16.59%), Net Carbohydrates: 47.72g (17.35%), Sugar: 28.01g (31.12%), Cholesterol: 93.26mg (31.09%), Sodium: 452.95mg (19.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.19%), Vitamin B2: 0.33mg (19.53%), Selenium: 13.03µg (18.62%), Manganese: 0.36mg (17.84%), Phosphorus: 157.73mg (15.77%), Calcium: 149.04mg (14.9%), Vitamin B1: 0.22mg (14.75%), Folate: 55.02µg (13.75%), Vitamin A: 663.38IU (13.27%), Potassium: 353.5mg (10.1%), Iron: 1.69mg (9.37%), Vitamin B3: 1.84mg (9.2%), Fiber: 2.05g (8.2%), Magnesium: 32.06mg (8.02%), Vitamin B5: 0.69mg (6.88%), Copper: 0.12mg (5.8%), Vitamin B6: 0.11mg (5.36%), Zinc: 0.76mg (5.07%), Vitamin E: 0.7mg (4.67%), Vitamin B12: 0.21µg (3.43%), Vitamin K: 2.24µg (2.14%), Vitamin C: 1.61mg (1.95%), Vitamin D: 0.24µg (1.62%)