



Ginger Spice Loaf

 Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 1 eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.8 cup strong coffee decoction brewed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat margarine in a large bowl at medium speed of an electric mixer until creamy; gradually add brown sugar, beating well.
- ☐ Add egg, and beat well. Stir in molasses.
- ☐ Combine flour and next 6 ingredients; add flour mixture to creamed mixture alternately with coffee, beginning and ending with flour mixture.
- ☐ Mix after each addition.
- ☐ Pour batter into a 9- x 5- x 3-inch loafpan coated with cooking spray.
- ☐ Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Let cool in pan 5 minutes; remove from pan, and let cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:3.56, Inflammation Score:-1, Nutrition Score:1.3604347855663%

Nutrients (% of daily need)

Calories: 42.03kcal (2.1%), Fat: 0.96g (1.48%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 7.69g (2.8%), Sugar: 4.25g (4.72%), Cholesterol: 2.98mg (0.99%), Sodium: 38.12mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Manganese: 0.1mg (5.23%), Selenium: 2.38µg (3.4%), Vitamin B1: 0.04mg (2.53%), Iron: 0.41mg (2.29%), Magnesium: 9.01mg (2.25%), Folate: 8.81µg (2.2%), Calcium: 18.49mg (1.85%), Vitamin B2: 0.03mg (1.71%), Potassium: 56.2mg (1.61%), Vitamin B3: 0.31mg (1.55%), Vitamin B6: 0.03mg (1.26%), Copper: 0.02mg (1.18%), Phosphorus: 11.18mg (1.12%)