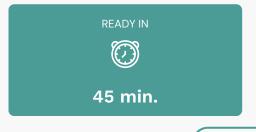
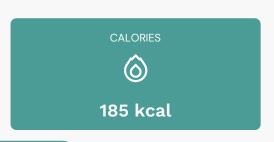


# **Gingerbread**

Vegetarian







ANTIPASTI

STARTER

SNACK

APPETIZER

# **Ingredients**

2 Tsp double-acting baking powder
O.5 Tsp baking soda
0.5 c brown sugar sweet (add)
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O.3 c butter (I used Earth Balance)
1 c pumpkin puree canned
2 eggs

2 c puff pastry whole wheat divided

	1.5 Tsp ground cinnamon	
	0.3 teaspoon ground cloves	
	2 teaspoons ground ginger	
	1 Tbsp honey	
	1 tablespoon blackstrap molasses	
	2 Tbsp sugar for sprinkling on top	
	6 tablespoons water	
Equipment		
	bowl	
	oven	
	loaf pan	
	hand mixer	
Directions		
	Preheat oven to 350Spray 4 Mini Loaf pans with non-cooking spray, set a side	
	Stir together 1 cup of flour, brown sugar, baking powder, cinnamon, ginger, cloves and baking soda.	
	Add the pumpkin, molasses, eggs, honey, water and butter. Beat with an electric mixer on low to medium speed until combined, about 30 seconds. Beat on medium to high speed for 2 minutes, scraping the sides of the bowl occasionally.	
	Sprinkle Crystalized Ginger and Walnuts over other loafs	
	Bake in a 350 F oven for 35-40 minutes or until a wooden pick inserted near the center of each loaf comes out clean. Cool the loaves in the pans on wire racks for 10 minutes.	
	Mix 1 3/4 cups powdered sugar, 1/2 Cups of butter, 1 tsp vanilla, 1 Tbsp of Pumpkin Spice. Beat together in a bowl until it is the mixture you like. If it is to thick add milk to water it down. I served the frosting as a side, for those who are watching there calories. he heServing Size: 4 Mini Loafs	
	Number of Servings: 24 (6 slices per loaf)Calories per serving: 85, Fat: 2.6, Sodium: 84, Potassium: 119, Carbs: 15, Fiber: 2, Sugar: 6.6, Protein: 2	

## **Nutrition Facts**

### **Properties**

Glycemic Index:12.47, Glycemic Load:5.56, Inflammation Score:-8, Nutrition Score:4.7039130434783%

#### **Taste**

Sweetness: 100%, Saltiness: 15.49%, Sourness: 2.7%, Bitterness: 4.25%, Savoriness: 7.34%, Fattiness: 89.73%, Spiciness: 0%

### **Nutrients** (% of daily need)

Calories: 185.07kcal (9.25%), Fat: 10.46g (16.09%), Saturated Fat: 3.66g (22.86%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 20.74g (7.54%), Sugar: 11.73g (13.04%), Cholesterol: 20.42mg (6.81%), Sodium: 145.18mg (6.31%), Protein: 2.08g (4.15%), Vitamin A: 1688.07IU (33.76%), Manganese: 0.23mg (11.43%), Selenium: 6.34µg (9.05%), Vitamin B1: 0.08mg (5.54%), Iron: 0.91mg (5.08%), Vitamin K: 5.12µg (4.88%), Vitamin B2: 0.08mg (4.7%), Folate: 18.57µg (4.64%), Vitamin B3: 0.9mg (4.5%), Calcium: 41.51mg (4.15%), Phosphorus: 32.89mg (3.29%), Fiber: 0.71g (2.84%), Magnesium: 9.53mg (2.38%), Copper: 0.05mg (2.34%), Vitamin E: 0.33mg (2.21%), Potassium: 67.17mg (1.92%), Vitamin B6: 0.03mg (1.36%), Zinc: 0.19mg (1.26%), Vitamin B5: 0.12mg (1.21%)