



## Gingerbread

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 Tsp double-acting baking powder
- 0.5 Tsp baking soda
- 0.5 c brown sugar sweet (add)
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- 0.3 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 350 Spray 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 Crystallized 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 he Serving 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

■ PROTEIN 4.41% ■ FAT 50.01% ■ CARBS 45.58%

## 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%)