



## Gingerbread Fig Loaf

 Vegetarian

READY IN



58 min.

SERVINGS



14

CALORIES



182 kcal

SIDE DISH

### Ingredients

- 0.5 cup apple sauce
- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.5 cup butter melted
- 2 large eggs
- 1 cup mission figs dried halved lengthwise
- 1.5 cups flour all-purpose

- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 teaspoon ground ginger
- 0.3 cup blackstrap molasses
- 0.3 teaspoon salt

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- loaf pan
- wax paper
- measuring cup

## Directions

- Preheat oven to 35
- Coat an 8 x 4-inch loaf pan with cooking spray. Line bottom of pan with wax paper; coat wax paper with cooking spray. Set aside.
- Combine brown sugar and next 4 ingredients; beat with a whisk until smooth.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 6 ingredients in a medium bowl; stir with a whisk.
- Add figs; stir well. Make a well in center of flour mixture.
- Add egg mixture to flour mixture, stirring just until moist. Spoon batter into prepared pan.
- Bake at 350 for 48 to 50 minutes or until a wooden pick inserted in center comes out clean.

## Nutrition Facts



■ PROTEIN 5.45% ■ FAT 36.26% ■ CARBS 58.29%

## Properties

Glycemic Index:23.36, Glycemic Load:11.09, Inflammation Score:-3, Nutrition Score:4.7017391064893%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 181.57kcal (9.08%), Fat: 7.46g (11.48%), Saturated Fat: 4.43g (27.68%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 25.93g (9.43%), Sugar: 15.77g (17.52%), Cholesterol: 44mg (14.67%), Sodium: 202.3mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.05%), Manganese: 0.31mg (15.42%), Selenium: 8.13µg (11.61%), Vitamin B1: 0.12mg (8.23%), Folate: 29.5µg (7.37%), Iron: 1.23mg (6.84%), Vitamin B2: 0.11mg (6.65%), Magnesium: 22.89mg (5.72%), Vitamin A: 268.21IU (5.36%), Potassium: 173mg (4.94%), Vitamin B3: 0.96mg (4.78%), Calcium: 43.32mg (4.33%), Vitamin B6: 0.08mg (4.23%), Fiber: 1.06g (4.22%), Phosphorus: 39.03mg (3.9%), Copper: 0.07mg (3.65%), Vitamin B5: 0.29mg (2.91%), Vitamin E: 0.31mg (2.07%), Zinc: 0.25mg (1.66%), Vitamin K: 1.56µg (1.49%), Vitamin B12: 0.08µg (1.29%)