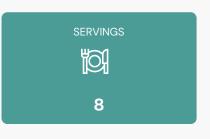


## **Gingerbread Loaf**

**Vegetarian** 





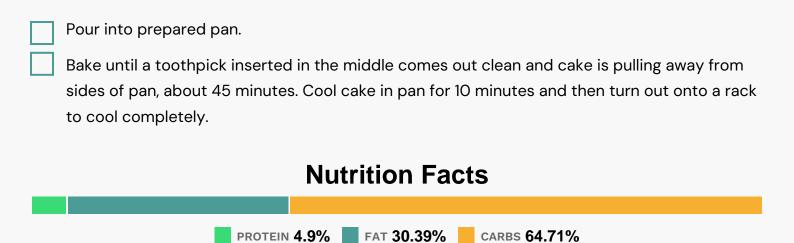


SIDE DISH

## **Ingredients**

0.5 teaspoon baking soda
1 cup t brown sugar dark packed
0.5 cup blackstrap molasses dark such as grandma's robust
2 large eggs at room temperature
1.5 cups flour all-purpose
O.3 teaspoon ground allspice
1 teaspoon ground cinnamon
0.3 teaspoon ground cloves

	1 tablespoon ground ginger
	1 teaspoon kosher salt
	0.5 cup buttermilk low-fat well-shaken
	8 tablespoons butter unsalted at room temperature (1 stick)
	2 teaspoons vanilla extract
Equipment	
	bowl
	frying pan
	oven
	whisk
	loaf pan
	toothpicks
	stand mixer
Directions	
	Heat oven to 350°F and arrange a rack in middle. Coat a 9-inch-by-5-inch loaf pan with butter, dust with flour, and tap out excess.
	Combine flour, ginger, baking soda, cinnamon, salt, allspice, and cloves in a large bowl.
	Whisk to aerate and break up any lumps; set aside. In a separate medium bowl, stir together buttermilk and vanilla until combined.
	Combine butter and brown sugar in the bowl of a stand mixer fitted with a paddle attachment. Beat on medium speed until light in color and fluffy, about 5 minutes. Beat in molasses until well combined then add eggs, one at a time, beating after each addition until well incorporated. Stop mixer and scrape bowl and paddle (mixture will look separated and curdled).
	Add one third flour mixture beating on low speed just until flour is incorporated.
	Add half buttermilk mixture and once batter is smooth add another third flour mixture.
	Add remaining buttermilk and mix until incorporated.
	Add remaining flour mixture, and beat until incorporated and smooth.



## **Properties**

Glycemic Index:17.38, Glycemic Load:19.87, Inflammation Score:-5, Nutrition Score:9.5978260966747%

## Nutrients (% of daily need)

Calories: 381.08kcal (19.05%), Fat: 13g (20%), Saturated Fat: 7.74g (48.39%), Carbohydrates: 62.27g (20.76%), Net Carbohydrates: 61.39g (22.32%), Sugar: 43.4g (48.22%), Cholesterol: 77.2mg (25.73%), Sodium: 417.04mg (18.13%), Alcohol: 0.34g (100%), Alcohol %: 0.37% (100%), Protein: 4.72g (9.44%), Manganese: 0.8mg (39.92%), Selenium: 16.67µg (23.81%), Magnesium: 63.89mg (15.97%), Iron: 2.67mg (14.81%), Vitamin B1: 0.2mg (13.6%), Folate: 50.35µg (12.59%), Potassium: 424.58mg (12.13%), Vitamin B2: 0.2mg (11.97%), Calcium: 101.59mg (10.16%), Vitamin B6: 0.19mg (9.72%), Vitamin A: 425.77IU (8.52%), Vitamin B3: 1.7mg (8.52%), Copper: 0.17mg (8.38%), Phosphorus: 75.81mg (7.58%), Vitamin B5: 0.56mg (5.61%), Fiber: 0.89g (3.55%), Zinc: 0.5mg (3.34%), Vitamin E: 0.49mg (3.26%), Vitamin D: 0.46µg (3.07%), Vitamin B12: 0.17µg (2.8%), Vitamin K: 1.27µg (1.21%)