

Gingerbread Loaf

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 0.8 cup brown sugar dark packed
- ☐ 2 large eggs lightly beaten
- ☐ 7.8 ounces flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 0.3 teaspoon ground cardamom

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 1 cup warm milk 1% low-fat (100° to 110°)
- ☐ 0.5 cup blackstrap molasses
- ☐ 1 Dash nutmeg
- ☐ 3 tablespoons prune baby food
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons walnuts finely chopped
- ☐ 3.3 ounces flour whole wheat

Equipment

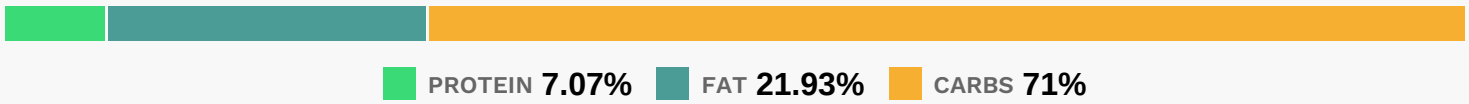
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon all-purpose flour and whole wheat flour into dry measuring cups; level with a knife.
- ☐ Combine flours, baking powder, ginger, baking soda, salt, cardamom, cinnamon, and nutmeg in a large bowl.
- ☐ Combine milk and next 4 ingredients (through eggs) in a medium bowl, stirring with a whisk until blended.

- ☐
- Add sugar, stirring until well blended. Make a well in center of flour mixture.
- ☐
- Add milk mixture to flour mixture; stir just until combined. Stir in raisins. Scrape batter into a 9 x 5-inch loaf pan coated with cooking spray, using a rubber spatula.
- ☐
- Sprinkle walnuts in a 2 1/2-inch-wide strip down center of loaf.
- ☐
- Bake the loaf at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool loaf in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:13.6, Inflammation Score:-3, Nutrition Score:7.6143478148657%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 215.71kcal (10.79%), Fat: 5.4g (8.31%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 39.37g (13.12%), Net Carbohydrates: 37.85g (13.76%), Sugar: 22.48g (24.98%), Cholesterol: 23.99mg (8%), Sodium: 146.02mg (6.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Manganese: 0.63mg (31.32%), Selenium: 12.71µg (18.15%), Magnesium: 45.35mg (11.34%), Vitamin B1: 0.16mg (10.6%), Iron: 1.76mg (9.79%), Calcium: 91.21mg (9.12%), Phosphorus: 89.98mg (9%), Potassium: 297.75mg (8.51%), Vitamin B2: 0.14mg (8.41%), Folate: 32.6µg (8.15%), Vitamin B6: 0.15mg (7.62%), Copper: 0.15mg (7.52%), Vitamin B3: 1.37mg (6.83%), Fiber: 1.52g (6.09%), Vitamin E: 0.76mg (5.05%), Vitamin K: 4.54µg (4.32%), Vitamin B5: 0.37mg (3.69%), Zinc: 0.5mg (3.34%), Vitamin B12: 0.15µg (2.43%), Vitamin D: 0.29µg (1.91%), Vitamin A: 85.29IU (1.71%)