



## Gluten-Free Gingerbread Cake

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



10

CALORIES



376 kcal

DESSERT

### Ingredients

- 0.5 cup quinoa flour
- 0.8 cup teff flour
- 0.3 cup oat flour gluten free (make sure this is made from certified oats)
- 0.8 cup rice flour sweet
- 0.5 cup tapioca flour
- 2 teaspoons xanthan gum
- 0.8 teaspoon xanthan gum
- 1 teaspoon baking soda

- 1 teaspoon double-acting baking powder gluten free
- 2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 0.5 teaspoon pepper black
- 0.5 cup butter unsalted softened
- 0.5 cup t brown sugar dark packed
- 0.5 cup granulated sugar
- 2 large eggs
- 0.5 cup blackstrap molasses
- 1 cup buttermilk
- 1 cup water hot

## Equipment

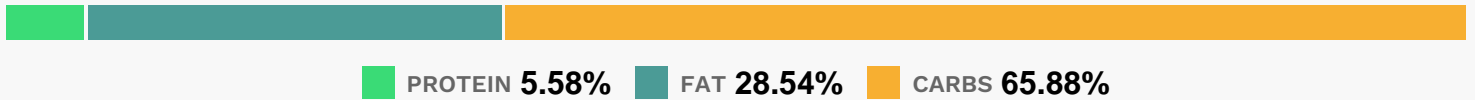
- bowl
- frying pan
- oven
- whisk
- hand mixer
- toothpicks
- aluminum foil

## Directions

- Heat oven to 350°F. Butter 13x9-inch pan.
- Place foil in pan, overlapping foil on 2 sides of pan. Butter the foil.
- In large bowl, sift flours.
- Add xanthan and guar gums, baking soda, baking powder and spices.
- Mix together with whisk; set aside.

- In large bowl, beat butter and sugars with electric mixer on medium speed about 5 minutes or until fluffy. Beat in eggs one at a time until well blended. Beat in molasses and buttermilk (dough may look curdled).
- Add flour mixture to wet ingredients about 1/2 cup at a time, making make sure it is incorporated before adding more.
- Add hot water; mix 1 minute.
- Spread batter in pan.
- Bake about 40 minutes or until toothpick inserted in center comes out clean. Cool in pan until just slightly warm.
- Remove gingerbread on foil; slide onto board for cutting.

## Nutrition Facts



### Properties

Glycemic Index:34.21, Glycemic Load:19.34, Inflammation Score:-4, Nutrition Score:8.1617390750705%

### Nutrients (% of daily need)

Calories: 375.9kcal (18.8%), Fat: 12.08g (18.59%), Saturated Fat: 6.72g (41.98%), Carbohydrates: 62.76g (20.92%), Net Carbohydrates: 59.81g (21.75%), Sugar: 34.51g (38.35%), Cholesterol: 64.24mg (21.41%), Sodium: 224.75mg (9.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.63%), Manganese: 0.84mg (41.76%), Selenium: 10.35µg (14.78%), Magnesium: 56.12mg (14.03%), Iron: 2.41mg (13.38%), Calcium: 127.57mg (12.76%), Fiber: 2.94g (11.77%), Vitamin B6: 0.2mg (10.17%), Potassium: 342.74mg (9.79%), Phosphorus: 86.21mg (8.62%), Vitamin A: 378.81IU (7.58%), Copper: 0.14mg (7.01%), Vitamin B2: 0.1mg (5.93%), Vitamin B5: 0.52mg (5.16%), Vitamin D: 0.68µg (4.55%), Vitamin B1: 0.06mg (4.05%), Vitamin B12: 0.22µg (3.64%), Zinc: 0.5mg (3.35%), Vitamin B3: 0.6mg (3.02%), Vitamin E: 0.44mg (2.95%), Folate: 7.92µg (1.98%), Vitamin K: 1.51µg (1.43%)