



Hot and Spicy Gingerbread Loaf

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 0.3 teaspoon mustard dry
- ☐ 1 large eggs
- ☐ 1 large egg white

- ☐ 1 tablespoon flour
- ☐ 2.5 cups flour all-purpose
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 1.5 teaspoons coffee granules instant
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water

Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 9 x 5inch loaf pan with cooking spray; dust with 1 tablespoon flour.
- ☐ Weigh or lightly spoon 25 ounces flour (about 2 1/2 cups) into dry measuring cups; level with a knife.
- ☐ Combine 25 ounces flour and next 8 ingredients (through cloves), stirring with a whisk.

- ☐ Combine 1/2 cup water, yogurt, molasses, and coffee granules in a bowl, stirring with a whisk.
- ☐ Place butter in a large bowl; beat with a mixer at medium speed until smooth (about 1 minute).
- ☐ Add sugar and fresh ginger; beat at medium speed until well combined (about 1 minute).
- ☐ Add egg and egg white, 1 at a time, beating well after each addition. Beating at low speed, add flour mixture to butter mixture alternately with yogurt mixture, beginning and ending with flour mixture.
- ☐ Spoon batter into prepared pan.
- ☐ Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack.
- ☐ Remove from pan; cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:14.76, Inflammation Score:-3, Nutrition Score:5.7991303937591%

Nutrients (% of daily need)

Calories: 189.03kcal (9.45%), Fat: 4.03g (6.2%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 34.07g (12.39%), Sugar: 16.66g (18.51%), Cholesterol: 22.53mg (7.51%), Sodium: 230.58mg (10.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.36mg (1.12%), Protein: 3.64g (7.29%), Manganese: 0.41mg (20.57%), Selenium: 11.12µg (15.89%), Vitamin B1: 0.19mg (12.54%), Folate: 44.96µg (11.24%), Vitamin B2: 0.16mg (9.46%), Iron: 1.65mg (9.19%), Calcium: 81.17mg (8.12%), Vitamin B3: 1.5mg (7.5%), Phosphorus: 61.98mg (6.2%), Magnesium: 24.67mg (6.17%), Potassium: 169.29mg (4.84%), Copper: 0.08mg (3.87%), Vitamin B6: 0.07mg (3.44%), Fiber: 0.77g (3.1%), Vitamin B5: 0.28mg (2.83%), Vitamin A: 126.01IU (2.52%), Zinc: 0.33mg (2.19%), Vitamin B12: 0.09µg (1.5%), Vitamin E: 0.16mg (1.05%)