



## Lemon-Glazed Ginger Loaf

 Vegetarian

READY IN



71 min.

SERVINGS



12

CALORIES



210 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 5 tablespoons butter
- ☐ 2 large eggs
- ☐ 0.8 cup yogurt plain fat-free
- ☐ 1.3 cups flour all-purpose
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 cup granulated sugar

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup powdered sugar sifted
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup flour whole wheat

## Equipment


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

## Directions

- ☐ Preheat oven to 35
- ☐ Beat butter and granulated sugar in a large bowl with a mixer at medium speed until well blended.
- ☐ Add eggs, ginger, and vanilla; beat well.
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, baking powder, baking soda, and salt.
- ☐ Add flour mixture and yogurt alternately to sugar mixture, ending with flour mixture.
- ☐ Pour batter into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 57 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Combine powdered sugar and lemon juice in a small bowl; stir until smooth.
- ☐ Spread over top of loaf, and cool in pan on a wire rack.

## Nutrition Facts



 **PROTEIN 7.28%**  **FAT 24.69%**  **CARBS 68.03%**

Properties

Glycemic Index:25.17, Glycemic Load:19.4, Inflammation Score:-2, Nutrition Score:4.6482608525649%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 209.7kcal (10.49%), Fat: 5.83g (8.97%), Saturated Fat: 3.31g (20.72%), Carbohydrates: 36.15g (12.05%), Net Carbohydrates: 35.4g (12.87%), Sugar: 22.87g (25.41%), Cholesterol: 43.85mg (14.62%), Sodium: 144.22mg (6.27%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 3.87g (7.73%), Selenium: 10.07µg (14.39%), Manganese: 0.24mg (11.83%), Vitamin B1: 0.14mg (9.15%), Vitamin B2: 0.15mg (9.11%), Folate: 33.13µg (8.28%), Phosphorus: 76.46mg (7.65%), Calcium: 59.78mg (5.98%), Iron: 0.98mg (5.44%), Vitamin B3: 1.02mg (5.1%), Vitamin A: 192.22IU (3.84%), Vitamin B5: 0.32mg (3.16%), Magnesium: 12.1mg (3.03%), Zinc: 0.45mg (3%), Fiber: 0.75g (2.99%), Vitamin B12: 0.18µg (2.96%), Potassium: 83.61mg (2.39%), Copper: 0.05mg (2.26%), Vitamin B6: 0.04mg (2.19%), Vitamin E: 0.26mg (1.72%), Vitamin D: 0.17µg (1.11%)