



Light Breakfast Gingerbread

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



269 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 1.3 cups buttermilk
- ☐ 0.5 cup cranberries dried
- ☐ 1 large eggs
- ☐ 0.3 cup ginger fresh grated peeled
- ☐ 0.5 teaspoon ground allspice

- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons blackstrap molasses
- ☐ 2 teaspoons orange zest freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups unbleached flour all-purpose
- ☐ 6 tablespoons butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts coarsely chopped

Equipment

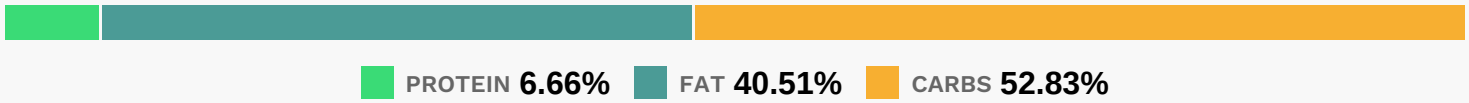
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 35
- ☐ Beat the butter in a large bowl with a mixer at high speed for 30 seconds.
- ☐ Add the sugar, fresh ginger, and molasses, and beat 1 minute.
- ☐ Add the egg and vanilla; beat until combined.
- ☐ Combine the flour and the next 6 ingredients (through baking soda) in a large bowl, and stir with a whisk. Stir in the cranberries and nuts (if using).
- ☐ Add the flour mixture and buttermilk alternately to the butter mixture (beginning and ending with the flour mixture). Stir until just combined.
- ☐ Pour the batter into a 9 x 5-inch loaf pan coated with cooking spray.

- ☐
- Bake for 1 hour and 15 minutes, or until a wooden pick inserted into the center comes out clean. Cool in the pan 15 minutes on a wire rack.
- ☐
- Remove from the pan, and cool completely on the rack.

Nutrition Facts



Properties

Glycemic Index:29.7, Glycemic Load:12.37, Inflammation Score:-4, Nutrition Score:7.0904347741086%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 268.98kcal (13.45%), Fat: 12.38g (19.05%), Saturated Fat: 5.44g (34.02%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 34.89g (12.69%), Sugar: 19.84g (22.05%), Cholesterol: 39.96mg (13.32%), Sodium: 231.37mg (10.06%), Alcohol: 0.14g (100%), Alcohol %: 0.19% (100%), Protein: 4.58g (9.16%), Manganese: 0.46mg (22.97%), Selenium: 10.28µg (14.69%), Vitamin B1: 0.19mg (12.49%), Folate: 44.69µg (11.17%), Vitamin B2: 0.18mg (10.72%), Calcium: 93.05mg (9.3%), Phosphorus: 90mg (9%), Copper: 0.17mg (8.42%), Iron: 1.52mg (8.42%), Magnesium: 29.58mg (7.4%), Vitamin B3: 1.32mg (6.59%), Vitamin A: 290.4IU (5.81%), Fiber: 1.44g (5.75%), Potassium: 184.69mg (5.28%), Vitamin B6: 0.1mg (4.9%), Vitamin D: 0.62µg (4.11%), Vitamin B5: 0.38mg (3.83%), Zinc: 0.53mg (3.56%), Vitamin B12: 0.2µg (3.28%), Vitamin E: 0.46mg (3.06%), Vitamin K: 1.43µg (1.36%)