



Mango Gingerbread with Macadamia Streusel

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



341 kcal

SIDE DISH

Ingredients

- ☐ 2 cups flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 0.3 cup canola oil
- ☐ 2.5 tablespoons candied ginger finely chopped
- ☐ 0.3 cup roasted sunflower seeds salted finely chopped
- ☐ 2 large eggs

- ☐ 0.8 cup brown sugar packed ()
- ☐ 1.5 tablespoons ground ginger
- ☐ 1 pound mangos pitted ripe peeled
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

Equipment

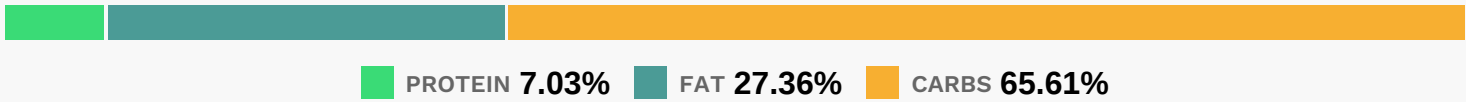
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Stir all ingredients in small bowl to blend.
- ☐ Position rack in center of oven and preheat to 350°F. Butter 9x9x2-inch metal baking pan.
- ☐ Whisk first 6 ingredients in medium bowl to blend. Coarsely puree mangoes in food processor.
- ☐ Transfer 1 cup mango puree to large bowl (reserve any remaining puree for another use).
- ☐ Add buttermilk, oil, and eggs to puree; whisk until blended.
- ☐ Add flour mixture; stir just until combined.
- ☐ Transfer half of batter (about 2 cups) to prepared pan.
- ☐ Sprinkle half of streusel over. Spoon remaining batter over, smooth evenly with spatula, then sprinkle with remaining streusel.
- ☐ Bake bread until springy to touch and tester inserted into center comes out clean, about 45 minutes. Cool completely in pan on rack. (Can be made 8 hours ahead. Cover and store at room temperature.)
- ☐ Cut bread into 9 squares and serve.

Buttermilk and baking soda help give the gingerbread a tender texture.

Nutrition Facts



Properties

Glycemic Index:35.54, Glycemic Load:23.14, Inflammation Score:-6, Nutrition Score:12.021304286045%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 341.34kcal (17.07%), Fat: 10.6g (16.3%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 57.18g (19.06%), Net Carbohydrates: 55.08g (20.03%), Sugar: 33.26g (36.96%), Cholesterol: 42.8mg (14.27%), Sodium: 334.54mg (14.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.25%), Manganese: 0.61mg (30.73%), Selenium: 18.1µg (25.86%), Folate: 89.92µg (22.48%), Vitamin C: 18.42mg (22.32%), Vitamin E: 2.92mg (19.48%), Vitamin B1: 0.25mg (16.55%), Phosphorus: 146.75mg (14.68%), Vitamin B2: 0.24mg (14.37%), Vitamin A: 628IU (12.56%), Vitamin B3: 2.43mg (12.16%), Iron: 2.14mg (11.91%), Copper: 0.21mg (10.36%), Calcium: 103.08mg (10.31%), Fiber: 2.1g (8.41%), Vitamin B5: 0.8mg (8.04%), Vitamin B6: 0.15mg (7.34%), Vitamin K: 6.84µg (6.52%), Potassium: 223.71mg (6.39%), Magnesium: 23.61mg (5.9%), Zinc: 0.72mg (4.81%), Vitamin B12: 0.16µg (2.67%), Vitamin D: 0.4µg (2.64%)