



Pumpkin & ginger teabread



Vegetarian



Popular

READY IN



90 min.

SERVINGS



10

CALORIES



362 kcal

SIDE DISH

Ingredients

- ☐ 175 g butter melted
- ☐ 140 g clear honey
- ☐ 1 large eggs beaten
- ☐ 250 g butternut squash raw grated peeled (500g 1lb 2oz before peeling and seeding)
- ☐ 100 g g muscovado sugar light
- ☐ 350 g self raising flour
- ☐ 1 tbsp ground ginger
- ☐ 2 tbsp little demerara sugar

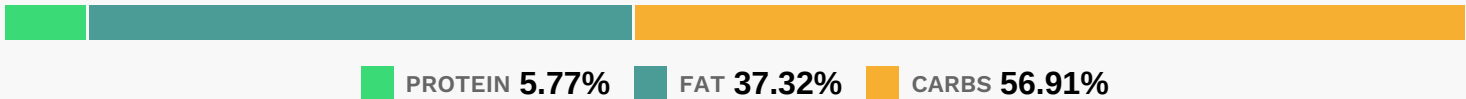
Equipment

- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 180C/gas 4/ fan 160C. Butter and line the base and two long sides of a 1.5kg loaf tin with a strip of baking paper.
- ☐ Mix the butter, honey and egg and stir in the pumpkin or squash. Then mix in the sugar, flour and ginger.
- ☐ Pour into the prepared tin and sprinkle the top with the demerara sugar.
- ☐ Bake for 50–60 minutes, until risen and golden brown. Leave in the tin for 5 minutes, then turn out and cool on a wire rack.
- ☐ Serve thickly sliced and buttered.

Nutrition Facts



Properties

Glycemic Index:16.93, Glycemic Load:22.47, Inflammation Score:-9, Nutrition Score:8.223478200643%

Nutrients (% of daily need)

Calories: 362.1kcal (18.11%), Fat: 15.3g (23.53%), Saturated Fat: 9.26g (57.85%), Carbohydrates: 52.47g (17.49%), Net Carbohydrates: 51.03g (18.56%), Sugar: 24.28g (26.98%), Cholesterol: 56.22mg (18.74%), Sodium: 124.9mg (5.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.64%), Vitamin A: 3122.68IU (62.45%), Manganese: 0.52mg (26.05%), Selenium: 16.25µg (23.22%), Vitamin C: 5.32mg (6.45%), Vitamin E: 0.96mg (6.39%), Phosphorus: 58.16mg (5.82%), Fiber: 1.44g (5.77%), Folate: 21.62µg (5.41%), Magnesium: 20.54mg (5.14%), Copper: 0.1mg (4.89%), Potassium: 162.24mg (4.64%), Iron: 0.82mg (4.57%), Vitamin B1: 0.06mg (3.74%), Vitamin B5: 0.37mg (3.74%), Vitamin B3: 0.74mg (3.7%), Vitamin B2: 0.06mg (3.59%), Vitamin B6: 0.07mg (3.56%), Calcium: 34.27mg (3.43%), Zinc: 0.47mg (3.12%), Vitamin K: 1.62µg (1.55%), Vitamin B12: 0.07µg (1.24%)