



WHAT'SheATe



## Pumpkin Gingerbread



Vegetarian



Popular

READY IN



75 min.

SERVINGS



8

CALORIES



364 kcal

SIDE DISH

### Ingredients

- ☐ 200 g all purpose flour
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon baking soda
- ☐ 2 teaspoons ground ginger
- ☐ 1.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 240 ml pumpkin puree canned ( or homemade\*\*)
- ☐ 0.5 cup butter melted (1 stick, or 112 g)

- ☐ 0.5 cup brown sugar dark
- ☐ 120 ml blackstrap molasses
- ☐ 1 Tbsp candied fresh finely minced
- ☐ 2 eggs beaten
- ☐ 3 Tbsp water
- ☐ 0.5 cup raisins

## Equipment

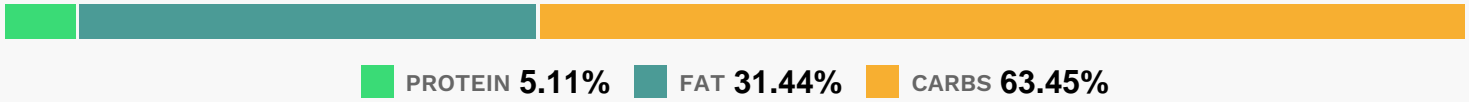
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ loaf pan
- ☐ wooden spoon
- ☐ skewers
- ☐ bread knife

## Directions

- ☐ Preheat oven and prepare pan: Preheat oven to 350°F (180°C). Prepare a 9x5x3-inch loaf pan with non-stick spray or butter to keep the pumpkin gingerbread from sticking to the pan.
- ☐ Mix dry ingredients: In a medium bowl, vigorously whisk together the flour, salt, baking soda, ginger, cinnamon, and nutmeg.
- ☐ Mix wet ingredients: In another bowl, use a wooden spoon to mix together the pumpkin purée, melted butter, sugar, molasses, fresh or candied ginger, eggs, and water.
- ☐ Combine the wet and dry ingredients.
- ☐ Add the raisins if using. Stir only until incorporated.
- ☐ Place the batter into the prepared loaf pan and bake at 350°F for 50–60 minutes, until a bamboo skewer inserted into the center of the loaf comes out clean.

- ☐
- Remove from oven and let cool in the pan for 10 minutes. Then gently run a knife around the edge of the loaf and invert the loaf to remove it from the pan.
- ☐
- Let it cool on a rack completely before slicing.
- ☐
- The loaf's flavor will improve with time. If you cut into it while it is still a bit warm, it may be crumbly. In which case you may want to make your slices with a bread knife.

## Nutrition Facts



## Properties

Glycemic Index:39.72, Glycemic Load:24.69, Inflammation Score:-10, Nutrition Score:14.859999915828%

## Nutrients (% of daily need)

Calories: 363.68kcal (18.18%), Fat: 13.01g (20.01%), Saturated Fat: 7.77g (48.58%), Carbohydrates: 59.09g (19.7%), Net Carbohydrates: 56.59g (20.58%), Sugar: 30.5g (33.89%), Cholesterol: 71.42mg (23.81%), Sodium: 405.91mg (17.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Vitamin A: 5250.17IU (105%), Manganese: 0.82mg (40.8%), Selenium: 16.44µg (23.49%), Iron: 3.27mg (18.15%), Magnesium: 71.76mg (17.94%), Vitamin B1: 0.23mg (15.23%), Potassium: 526.43mg (15.04%), Folate: 55.71µg (13.93%), Vitamin B2: 0.21mg (12.57%), Copper: 0.22mg (11.12%), Vitamin B6: 0.22mg (10.93%), Fiber: 2.49g (9.97%), Vitamin B3: 1.98mg (9.9%), Calcium: 83.98mg (8.4%), Phosphorus: 78.54mg (7.85%), Vitamin B5: 0.62mg (6.18%), Vitamin K: 6.19µg (5.9%), Vitamin E: 0.8mg (5.33%), Zinc: 0.5mg (3.3%), Vitamin C: 1.86mg (2.25%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.22µg (1.47%)