



Treacle Gingerbread Loaf

 Vegetarian

READY IN



65 min.

SERVINGS



10

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 1 tsp bicarbonate of soda
- ☐ 250 g treacle black
- ☐ 140 g brown sugar soft
- ☐ 2 large eggs
- ☐ 1 tbsp ground ginger
- ☐ 185 ml milk
- ☐ 3 tsp spice mixed
- ☐ 80 ml olive oil

- ☐ 185 g flour plain
- ☐ 110 g self raising flour

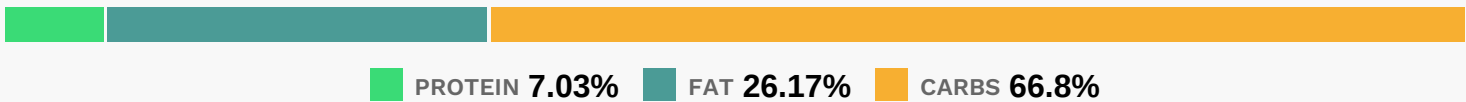
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ skewers

Directions

- ☐ Preheat the oven to 180c/160c fan/gas mark
- ☐ Grease a 10cm x 20cm x7cm (1lb) loaf tin and line with baking parchment or greaseproof paper, ensuring that the paper extends 3cm above tin. (I used a loaf tin insert, which didn't rise above the tin and it was fine)2.Sift the flours, bicarbonate of soda, ginger and mixed spice in a large bowl. Stir in the sugar until well combined.
- ☐ Whisk the treacle, milk, olive oil and eggs in a jug.
- ☐ Add to the flour and stir until just combined.
- ☐ Pour the mixture into the loaf tin and bake for 40–45 minutes, or until a cake skewer inserted into the centre comes out clean,
- ☐ Remove from the oven and leave in the tin for 5 minutes, then turn out onto a wire rack and allow it to cool completely.Variation: If you like, you can use golden syrup instead of black treacle.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:15.72, Inflammation Score:-3, Nutrition Score:8.6704347723204%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 326.86kcal (16.34%), Fat: 9.33g (14.35%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 53.58g (17.86%), Net Carbohydrates: 52.66g (19.15%), Sugar: 30.68g (34.09%), Cholesterol: 39.49mg (13.16%), Sodium: 152.41mg (6.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.28%), Iron: 5mg (27.8%), Manganese: 0.49mg (24.7%), Selenium: 14.59µg (20.84%), Calcium: 174.87mg (17.49%), Potassium: 477.75mg (13.65%), Magnesium: 46mg (11.5%), Vitamin B1: 0.17mg (11.32%), Folate: 42.54µg (10.63%), Vitamin B2: 0.17mg (10.1%), Vitamin E: 1.23mg (8.22%), Phosphorus: 77.86mg (7.79%), Vitamin B3: 1.31mg (6.54%), Vitamin K: 4.75µg (4.52%), Vitamin B5: 0.37mg (3.75%), Fiber: 0.93g (3.7%), Copper: 0.07mg (3.3%), Vitamin B12: 0.19µg (3.2%), Zinc: 0.47mg (3.12%), Vitamin D: 0.41µg (2.73%), Vitamin B6: 0.05mg (2.61%), Vitamin A: 86.85IU (1.74%)