



Wild Blueberry Gingerbread



Vegetarian



Dairy Free



Popular

READY IN



60 min.

SERVINGS



18

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons apple cider vinegar
- ☐ 1.5 teaspoons baking soda (high altitude adjustment: 1-)
- ☐ 1.5 cups blueberries wild frozen
- ☐ 0.8 cup canola oil
- ☐ 2 large eggs for egg-free option (see below)
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.8 teaspoon ground nutmeg

- ☐ 6 tablespoons blackstrap molasses
- ☐ 18 servings powdered confectioners' sugar for topping
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups sugar for options (see below)
- ☐ 1 cup tablespoons water
- ☐ 3 cups white-wheat flour all-purpose divided

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat your oven to 350°F and grease and flour an 9×13-inch baking dish.
- ☐ Place the blueberries and 2 tablespoons flour in a medium bowl and toss to evenly coat each blueberry.
- ☐ Place the remaining 3 cups flour in a large bowl, and whisk in the baking soda, cinnamon, ginger, nutmeg, and salt. In a mixing bowl, blend the sugar, oil, egg, molasses, and vinegar until smooth. Stir in half of the flour mixture, followed by the water, and then the remaining flour mixture. Do not over mix, a few small lumps are okay. Gently stir in the blueberries with any residual flour.
- ☐ Pour the batter into your prepared baking pan, making sure to scrape out as much as you can.
- ☐ Bake for 40 to 45 minutes, or until a toothpick inserted in the center of the cake comes out clean.
- ☐ Let cool before cutting into slices. Plate and sift powdered sugar over top of each piece.

Nutrition Facts



Properties

Glycemic Index:19.12, Glycemic Load:25.95, Inflammation Score:-3, Nutrition Score:5.1778261894765%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 223.32kcal (11.17%), Fat: 2.74g (4.21%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 47.54g (15.85%), Net Carbohydrates: 46.56g (16.93%), Sugar: 30.78g (34.2%), Cholesterol: 20.67mg (6.89%), Sodium: 200.09mg (8.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Manganese: 0.35mg (17.54%), Selenium: 10.17µg (14.53%), Vitamin B1: 0.17mg (11.56%), Folate: 41.56µg (10.39%), Vitamin B2: 0.14mg (8.14%), Iron: 1.46mg (8.12%), Vitamin B3: 1.36mg (6.8%), Magnesium: 22.75mg (5.69%), Potassium: 140.32mg (4.01%), Copper: 0.08mg (3.97%), Fiber: 0.98g (3.9%), Phosphorus: 37.57mg (3.76%), Vitamin K: 3.84µg (3.66%), Vitamin B6: 0.07mg (3.53%), Vitamin E: 0.47mg (3.14%), Vitamin B5: 0.25mg (2.46%), Calcium: 23.35mg (2.33%), Zinc: 0.27mg (1.79%), Vitamin C: 1.21mg (1.46%)