**Gingerbread Loaf – original**

**Servings – 12 servings**

1 tsp. ginger

2 eggs

½ c. molasses

1 tsp. baking soda

2 ½ c. flour

1 tsp. cinnamon

½ tsp. salt

¼ c. sugar

1 tsp. vanilla

½ c. butter

1 c. buttermilk

Directions. Heat oven to 350 degrees. Cream butter and sugar. Add eggs, molasses, spices, and milk. Add flour. Pour into greased loaf pan and bake for 45-55 minutes.

**1. What is the total Calories, Fat, Carbs, Dietary Fiber, and Protein in one serving of this bread? In order to figure this compute the nutrition information for each ingredient for the entire batch and then divide by the number of servings.**

Example: **Total Calories**: 144 (2 eggs) + 488.5 (1/2 c. molasses) + 100 (2 ½ c. flour) + 193.5 (1/4 c. sugar)+ 814 (1/2 c butter) + 137 (1 c buttermilk) = 2777 total calories for loaf of bread

2777 calories / 12 servings = 231.42 calories per serving

**Continue to do this for the remaining categories:**

**Fat**

**Carbs**

**Dietary Fiber**

**Protein**

**The problem:** This is high in calories and fat and low in fiber and protein. Your doctor has told you that you must begin eating healthier because you have been gaining weight. He has suggested that you eat a lower fat and higher fiber and protein diet. Rewrite the recipe using the substitutions of: ½ of the flour should be whole wheat flour and ½ of the flour should be all purpose flour, butter substitution: use ½ of the butter and replace the other ½ of the amount with nonfat greek yogurt, and you will make your own buttermilk using skim milk and vinegar instead of buying buttermilk. You do this by adding 2 tbsp. vinegar to a measuring cup and filling it to the 1 cup mark with milk.

**The new recipe is (just write ingredients and amounts):**

**Healthy Gingerbread Loaf**

**Healthy nutrition calculations:**

**Calories**

**Fat**

**Total Carbohydrates**

**Dietary Fiber**

**Protein**

**Egg nutrition information (per egg)**

Calories 72

Total Fat 5 grams

Total Carbohydrates .4 g

Dietary Fiber 0 g

Protein 6.3 g

**Molasses nutrition information (1 cup)**

Calories 977

Total Fat 0

Total Carbohydrates 252 g

Dietary Fiber 0

Protein 0 g

**All purpose flour (1 cup)**

Calories 400

Total Fat 0

Total Carbohydrates 88 g

Dietary Fiber 4

Protein 12 g

**White sugar (1 cup)**

Calories 774

Total Fat 0

Total Carbohydrates 200 g

Dietary Fiber 0

Protein 0

**Butter (1 cup)**

Calories 1628

Total Fat 184 g

Total Carbohydrates 0

Dietary Fiber 0

Protein 2 g

**Buttermilk (1 cup)**

Calories 137

Total Fat 5

Total Carbohydrates 13

Dietary Fiber 0

Protein 10 g

**Oikos Triple Zero Nonfat Greek Yogurt (1 c)**

Total Calories 180

Total Fat 0

Total Carbohydrates 22 g

Dietary Fiber 10

Protein 22 g

**Whole Wheat Flour**

Total Calories 408

Total Fat 3

Total carbohydrates 86

Dietary Fiber 13

Protein 16 g

**Skim milk with vinegar (1 cup)**

Total Calories 86

Total Fat 0

Total Carbohydrates 12 g

Dietary Fiber 0

Protein 8 g