



Apple-Gingerbread Squares

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



334 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apple cider boiling
- ☐ 1.5 teaspoons baking soda
- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons crystallized ginger minced
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 1 cup blackstrap molasses
- ☐ 0.5 teaspoon salt
- ☐ 12 servings ginger–molasses whipped cream

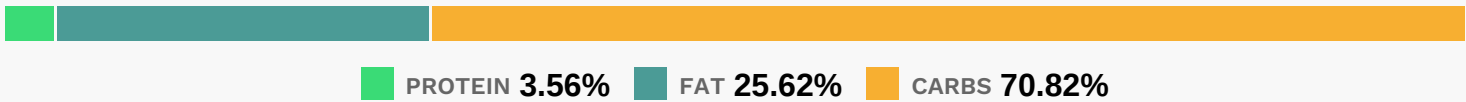
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add granulated and brown sugars, beating well.
- ☐ Add egg, beating until mixture is blended.
- ☐ Add flour and next 8 ingredients; beat at medium speed until smooth.
- ☐ Pour into a greased and floured 13– x 9–inch pan.
- ☐ Bake at 325 for 35 to 45 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack.
- ☐ Cut into 3–inch squares.
- ☐ Serve gingerbread with Ginger–Molasses Whipped Cream.

Nutrition Facts



Properties

Glycemic Index:24.15, Glycemic Load:30.76, Inflammation Score:–6, Nutrition Score:8.8117392102013%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 334.39kcal (16.72%), Fat: 9.68g (14.89%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 60.2g (20.07%), Net Carbohydrates: 59.41g (21.6%), Sugar: 43.11g (47.9%), Cholesterol: 20.06mg (6.69%), Sodium: 343.53mg (14.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Manganese: 0.83mg (41.63%), Selenium: 13.8µg (19.71%), Magnesium: 76.77mg (19.19%), Iron: 2.54mg (14.12%), Potassium: 485.93mg (13.88%), Vitamin B1: 0.18mg (12.3%), Vitamin B6: 0.22mg (10.84%), Folate: 40.51µg (10.13%), Copper: 0.18mg (8.97%), Calcium: 81.86mg (8.19%), Vitamin A: 402.98IU (8.06%), Vitamin B2: 0.14mg (8.04%), Vitamin B3: 1.56mg (7.79%), Phosphorus: 49.43mg (4.94%), Vitamin B5: 0.43mg (4.28%), Fiber: 0.79g (3.18%), Vitamin E: 0.41mg (2.72%), Zinc: 0.33mg (2.2%), Vitamin B12: 0.06µg (1.07%)