



Applesauce Gingerbread

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



9

CALORIES



19 kcal

SIDE DISH

Ingredients

- 1 cup apple sauce homemade
- 1 large eggs
- 0.8 cup water
- 14.5 ounce gingerbread mix
- 14.5 ounce gingerbread mix

Equipment

- frying pan
- oven

Directions

- Stir together 1 (5-ounce) package gingerbread mix, 1 cup Homemade Applesauce, 3/4 cup water, and 1 large egg until blended; spoon evenly into a lightly greased 9-inch square pan.
- Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.78695652342361%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 19.33kcal (0.97%), Fat: 0.56g (0.85%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.81g (1.02%), Sugar: 2.57g (2.85%), Cholesterol: 20.67mg (6.89%), Sodium: 9.42mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.49%), Selenium: 1.79µg (2.55%), Vitamin B2: 0.03mg (1.97%), Phosphorus: 12.36mg (1.24%), Fiber: 0.3g (1.19%)