



Caramel Gingerbreads

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



747 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.5 cup butter
- ☐ 0.8 cup buttermilk whole
- ☐ 2 large eggs lightly beaten
- ☐ 2.8 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon ground ginger

- ☐ 0.8 teaspoon ground nutmeg
- ☐ 6 servings caramel icing
- ☐ 1 cup blackstrap molasses light
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Combine first 6 ingredients in a large bowl; set aside.
- ☐ Combine molasses, butter, and brown sugar in a saucepan. Cook over medium heat, stirring constantly, until butter melts and sugar dissolves. Set aside to cool.
- ☐ Add cooled molasses mixture to dry ingredients. Stir in buttermilk, eggs, and vanilla; stir just until batter is smooth.
- ☐ Pour batter into 6 individual connected mini Bundt pans, well-greased with shortening, filling almost full.
- ☐ Bake at 350 for 22 to 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on a wire rack 15 minutes; remove carefully from pans, and cool completely on wire rack.
- ☐ Drizzle icing over cakes set on wire rack.
- ☐ Sprinkle with chopped pecans, if desired.
- ☐ Let icing harden before wrapping cakes for gift giving.
- ☐ Note: Find mini Bundt pans at Williams-Sonoma or other cook stores.

Nutrition Facts



 PROTEIN **4.96%**  FAT **27.94%**  CARBS **67.1%**

Properties

Glycemic Index:53, Glycemic Load:58.78, Inflammation Score:-8, Nutrition Score:20.981739169392%

Nutrients (% of daily need)

Calories: 746.95kcal (37.35%), Fat: 23.2g (35.7%), Saturated Fat: 11.83g (73.95%), Carbohydrates: 125.4g (41.8%), Net Carbohydrates: 123.59g (44.94%), Sugar: 79.48g (88.31%), Cholesterol: 105.97mg (35.32%), Sodium: 728.94mg (31.69%), Alcohol: 0.75g (100%), Alcohol %: 0.41% (100%), Protein: 9.26g (18.52%), Manganese: 1.59mg (79.36%), Selenium: 36.56µg (52.23%), Magnesium: 158.44mg (39.61%), Vitamin B1: 0.5mg (33.25%), Iron: 5.98mg (33.22%), Vitamin B2: 0.51mg (29.8%), Folate: 117.48µg (29.37%), Potassium: 999.14mg (28.55%), Vitamin B6: 0.46mg (22.76%), Vitamin B3: 4.13mg (20.64%), Copper: 0.39mg (19.65%), Calcium: 191.66mg (19.17%), Phosphorus: 150.27mg (15.03%), Vitamin A: 613.22IU (12.26%), Vitamin B5: 1.14mg (11.38%), Vitamin E: 1.1mg (7.34%), Fiber: 1.8g (7.22%), Zinc: 0.98mg (6.51%), Vitamin B12: 0.32µg (5.31%), Vitamin K: 5.33µg (5.08%), Vitamin D: 0.72µg (4.82%)