



## Chocolate Chip Gingerbread with Orange Hard Sauce

READY IN



90 min.

SERVINGS



9

CALORIES



473 kcal

DESSERT

### Ingredients

- 3 eggs
- 0.5 cup blackstrap molasses
- 0.3 cup sugar
- 0.8 cup buttermilk
- 0.5 cup butter melted
- 2 cups flour all-purpose
- 1 teaspoon baking soda
- 1 teaspoon ginger

- 1 teaspoon cinnamon
- 0.5 teaspoon salt
- 0.5 cup semisweet chocolate chips miniature
- 0.7 cup powdered sugar
- 0.3 cup butter softened
- 1 teaspoon orange zest grated
- 1 tablespoon orange juice

## Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

## Directions

- Heat oven to 350°F. Grease bottom only of 8 or 9-inch square pan. Beat eggs in large bowl with electric mixer at medium speed for 2 to 3 minutes or until slightly thickened. Gradually add molasses and sugar, beating until well blended.
- Add buttermilk and melted butter; mix well.
- Add all remaining gingerbread ingredients except chocolate chips; beat until smooth. Stir in chocolate chips.
- Pour into greased pan.
- Bake at 350°F. until toothpick inserted in center comes out clean. For 8-inch pan, bake 43 to 53 minutes; for 9-inch pan, bake 30 to 40 minutes. Cool 20 minutes.
- In small bowl, combine powdered sugar and 1/3 cup butter; beat with electric mixer at low speed until smooth and creamy. Beat in orange peel and orange juice.
- To serve, cut gingerbread into squares; place on individual dessert plates. Spoon about 1 tablespoon sauce over each serving.

## Nutrition Facts

PROTEIN 5.33% FAT 46.07% CARBS 48.6%

## Properties

Glycemic Index:43.57, Glycemic Load:25.78, Inflammation Score:-6, Nutrition Score:11.566956499349%

## Flavonoids

Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

## Nutrients (% of daily need)

Calories: 473.34kcal (23.67%), Fat: 24.46g (37.62%), Saturated Fat: 14.59g (91.17%), Carbohydrates: 58.04g (19.35%), Net Carbohydrates: 56.09g (20.4%), Sugar: 34.33g (38.15%), Cholesterol: 102.74mg (34.25%), Sodium: 436.88mg (18.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.3mg (3.77%), Protein: 6.37g (12.74%), Manganese: 0.7mg (34.77%), Selenium: 19.41µg (27.72%), Magnesium: 79.22mg (19.81%), Iron: 3.3mg (18.36%), Vitamin B1: 0.25mg (16.56%), Copper: 0.31mg (15.71%), Vitamin B2: 0.26mg (15.08%), Folate: 60.03µg (15.01%), Vitamin A: 649.39IU (12.99%), Potassium: 436.32mg (12.47%), Phosphorus: 121.65mg (12.16%), Vitamin B3: 1.98mg (9.88%), Calcium: 90.01mg (9%), Vitamin B6: 0.18mg (8.84%), Fiber: 1.95g (7.81%), Vitamin B5: 0.64mg (6.42%), Zinc: 0.89mg (5.93%), Vitamin E: 0.76mg (5.05%), Vitamin B12: 0.28µg (4.7%), Vitamin D: 0.55µg (3.69%), Vitamin K: 2.68µg (2.55%), Vitamin C: 1.27mg (1.53%)