



Favorite Old Fashioned Gingerbread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



424 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup butter
- ☐ 1 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 1 cup blackstrap molasses

- ☐ 0.5 teaspoon salt
- ☐ 1 cup water hot
- ☐ 0.5 cup sugar white

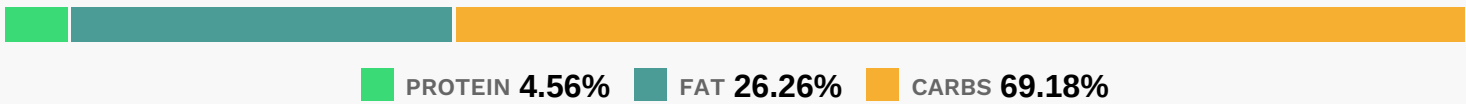
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Greased and flour one 9 inch square pan.
- ☐ Cream together the sugar and butter or margarine.
- ☐ Add egg, and beat well.
- ☐ Mix in the molasses.
- ☐ Sift together the flour, baking soda, salt, cinnamon, ginger and clove.
- ☐ Add dry ingredients to the creamed mixture; add the hot water, and mix well.
- ☐ Pour batter into pan and bake for one hour. Allow to cool in pan and serve.

Nutrition Facts



Properties

Glycemic Index:30.51, Glycemic Load:44.15, Inflammation Score:-6, Nutrition Score:13.063478371776%

Nutrients (% of daily need)

Calories: 423.86kcal (21.19%), Fat: 12.52g (19.27%), Saturated Fat: 7.55g (47.16%), Carbohydrates: 74.24g (24.75%), Net Carbohydrates: 72.97g (26.54%), Sugar: 44.09g (48.99%), Cholesterol: 50.96mg (16.99%), Sodium: 467.99mg (20.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Manganese: 1.12mg (55.77%), Selenium: 22.8µg (32.58%), Magnesium: 112.79mg (28.2%), Iron: 3.99mg (22.18%), Vitamin B1: 0.33mg (21.81%), Potassium: 673.75mg (19.25%), Folate: 74.57µg (18.64%), Vitamin B6: 0.31mg (15.58%), Vitamin B3: 2.74mg (13.69%), Copper: 0.27mg (13.68%), Vitamin B2: 0.23mg (13.35%), Calcium: 103.38mg (10.34%), Vitamin A: 385.26IU (7.71%), Phosphorus: 70.25mg (7.03%), Vitamin B5: 0.61mg (6.12%), Fiber: 1.27g (5.06%), Zinc: 0.5mg (3.34%), Vitamin E: 0.43mg (2.85%), Vitamin K: 1.38µg (1.32%), Vitamin B12: 0.07µg (1.22%)