

Ginger Bars

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1.8 cups brown sugar
- 0.7 cup butter
- 2 eggs
- 1 cup flour all-purpose
- 2 teaspoons ground ginger
- 0.3 cup blackstrap molasses

- 1 teaspoon salt
- 2 teaspoons vanilla extract
- 1 cup flour whole wheat

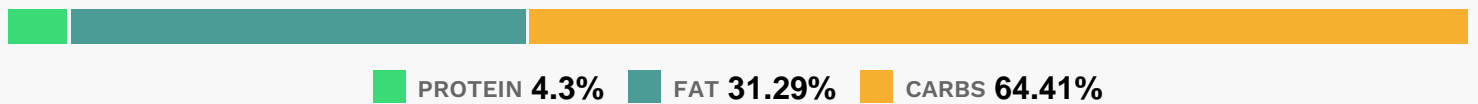
Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan.
- Mash the brown sugar, butter, and molasses together in a bowl with a spoon until the mixture is creamy and thoroughly combined.
- Mix in the ginger, eggs, and vanilla extract. In a separate bowl, combine the all-purpose flour, whole wheat flour, baking powder, baking soda, and salt. Stir 1/4 of flour mixture into the butter mixture at a time, incorporating each addition before adding the next.
- Pour the batter into the prepared baking pan.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 25 to 30 minutes.
- Let cool before cutting.

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:6.52, Inflammation Score:-3, Nutrition Score:5.6195652484894%

Nutrients (% of daily need)

Calories: 254.65kcal (12.73%), Fat: 9.04g (13.91%), Saturated Fat: 5.42g (33.9%), Carbohydrates: 41.87g (13.96%), Net Carbohydrates: 40.75g (14.82%), Sugar: 29.25g (32.5%), Cholesterol: 43.52mg (14.51%), Sodium: 284.45mg

(12.37%), Alcohol: 0.18g (100%), Alcohol %: 0.36% (100%), Protein: 2.8g (5.6%), Manganese: 0.58mg (28.83%), Selenium: 11.13µg (15.9%), Magnesium: 30.31mg (7.58%), Vitamin B1: 0.11mg (7.39%), Iron: 1.31mg (7.28%), Phosphorus: 60.69mg (6.07%), Calcium: 58.62mg (5.86%), Vitamin A: 284.6IU (5.69%), Folate: 22.12µg (5.53%), Vitamin B2: 0.09mg (5.04%), Vitamin B3: 1.01mg (5.03%), Potassium: 169.01mg (4.83%), Vitamin B6: 0.1mg (4.82%), Copper: 0.09mg (4.51%), Fiber: 1.12g (4.48%), Vitamin B5: 0.27mg (2.66%), Zinc: 0.39mg (2.57%), Vitamin E: 0.36mg (2.38%), Vitamin B12: 0.07µg (1.16%)