

Gingerbread

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



431 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup buttermilk well-shaken
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.8 cup brown sugar dark packed
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons ground ginger
- ☐ 8 servings lightly whipped cream sweetened

- ☐ 0.5 cup mild molasses (not robust or blackstrap)
- ☐ 0.5 teaspoon salt
- ☐ 1 stick butter unsalted softened
- ☐ 0.5 cup water hot

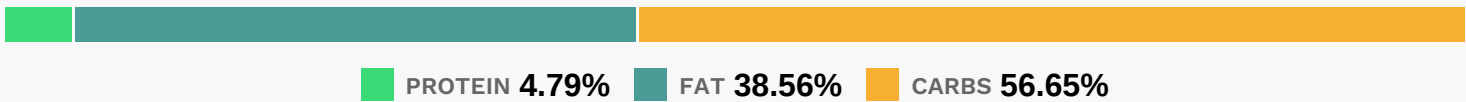
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F with rack in middle. Butter a 9-inch square baking pan.
- ☐ Whisk together flour, ginger, baking soda, cinnamon, and salt in a bowl. Beat butter and sugar with an electric mixer at medium speed until pale and fluffy. Beat in egg until blended, then beat in molasses and buttermilk.
- ☐ Mix in flour mixture on low speed until smooth, then add hot water and beat 1 minute (batter may look curdled.)
- ☐ Spread batter evenly in pan and bake until a wooded pick inserted into center comes out clean, 40 to 45 minutes. Cool in pan on a rack.
- ☐ Gingerbread can be made 1 day ahead and kept in pan at room temperature (covered once cool).

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:24.52, Inflammation Score:-6, Nutrition Score:10.189130430312%

Nutrients (% of daily need)

Calories: 430.68kcal (21.53%), Fat: 18.69g (28.75%), Saturated Fat: 11.39g (71.2%), Carbohydrates: 61.78g (20.59%), Net Carbohydrates: 60.82g (22.12%), Sugar: 38.05g (42.28%), Cholesterol: 76.64mg (25.55%), Sodium: 336.94mg (14.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Manganese: 0.7mg (34.94%), Selenium: 17.7µg (25.28%), Vitamin B1: 0.27mg (17.86%), Magnesium: 64.01mg (16%), Iron: 2.8mg (15.53%), Folate: 61.94µg (15.48%), Vitamin B2: 0.23mg (13.39%), Vitamin A: 641.84IU (12.84%), Potassium: 416.29mg (11.89%), Calcium: 110.46mg (11.05%), Vitamin B3: 2.13mg (10.66%), Vitamin B6: 0.19mg (9.25%), Copper: 0.17mg (8.72%), Phosphorus: 76.7mg (7.67%), Vitamin B5: 0.53mg (5.33%), Vitamin D: 0.63µg (4.2%), Fiber: 0.96g (3.85%), Zinc: 0.48mg (3.22%), Vitamin B12: 0.18µg (3.05%), Vitamin E: 0.43mg (2.87%), Vitamin K: 1.21µg (1.15%)