



Gingerbread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



228 kcal

SIDE DISH

Ingredients

- 1 cup blackstrap molasses
- 1 Dash salt
- 2 eggs
- 1 cup salad oil
- 1 cup sugar
- 2 teaspoons seltzer water
- 1.5 cups water boiling
- 2 cups flour

- 1 teaspoon ginger
- 1 teaspoon cinnamon

Equipment

- frying pan
- oven

Directions

- Mix molasses, salad oil, sugar, spices and salt.
- Add eggs and beat.
- Add soda which has been dissolved in 1/8 cup boiling water and stir.
- Add flour and rest of water. Batter will be thin.
- Pour in 9"x13" pan.
- Bake at 350 degrees until done.
- Serve either hot or cold. May add Glaze.
- GLAZE: 1 stick butter, 1/4 cup milk and 1 cup brown sugar.
- Mix all together and bring to boil. Boil for about 4 minutes.
- Drizzle over gingerbread.

Nutrition Facts



PROTEIN 4.58% **FAT 15.76%** **CARBS 79.66%**

Properties

Glycemic Index:14.94, Glycemic Load:27.75, Inflammation Score:-4, Nutrition Score:6.8586956521739%

Taste

Sweetness: 100%, Saltiness: 13.83%, Sourness: 4.13%, Bitterness: 9.41%, Savoriness: 5.51%, Fattiness: 53.63%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 227.55kcal (11.38%), Fat: 4.05g (6.22%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 46.02g (15.34%), Net Carbohydrates: 45.46g (16.53%), Sugar: 32.32g (35.91%), Cholesterol: 23.38mg (7.79%), Sodium: 22.55mg (0.98%), Protein: 2.64g (5.29%), Manganese: 0.52mg (25.89%), Selenium: 12.36µg (17.66%), Magnesium: 63.34mg (15.84%), Iron: 2.09mg (11.64%), Potassium: 380.73mg (10.88%), Vitamin B1: 0.15mg (10.18%), Vitamin B6: 0.18mg (9.01%), Folate: 35.66µg (8.91%), Copper: 0.15mg (7.67%), Vitamin B2: 0.12mg (7.07%), Vitamin B3: 1.29mg (6.43%), Calcium: 57.94mg (5.79%), Vitamin E: 0.64mg (4.27%), Phosphorus: 39.33mg (3.93%), Vitamin B5: 0.37mg (3.69%), Vitamin K: 2.4µg (2.28%), Fiber: 0.56g (2.24%), Zinc: 0.28mg (1.89%)