



Gingerbread

 Vegetarian

READY IN



60 min.

SERVINGS



9

CALORIES



406 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup firmly brown sugar dark packed
- 0.5 cup butter softened
- 1 cup buttermilk
- 1 large eggs
- 2.5 cups flour all-purpose
- 0.5 cup granulated sugar

- 0.5 teaspoon ground allspice
- 2 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves
- 1 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg
- 0.7 cup blackstrap molasses
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- ramekin
- hand mixer

Directions

- Preheat oven to 350
- Beat butter at medium speed with an electric mixer until creamy; gradually add sugars, beating well.
- Add egg, beating until blended.
- Add molasses, beating until smooth.
- Whisk together flour and next 8 ingredients in a large bowl.
- Add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- Pour into 9 lightly greased (6-oz.) ramekins.
- Bake at 350 for 24 to 28 minutes or until a wooden pick inserted in center comes out clean.
- Let cool on a wire rack 15 minutes.

Serve warm with whipped cream, or drizzle with Rum Glaze.

Note: Gingerbread may be baked in a greased and floured 9-inch square pan. Increase bake time to 50 to 55 minutes.

Nutrition Facts



PROTEIN 5.17% **FAT 26.5%** **CARBS 68.33%**

Properties

Glycemic Index:50.23, Glycemic Load:35.59, Inflammation Score:-6, Nutrition Score:11.036086873516%

Nutrients (% of daily need)

Calories: 405.8kcal (20.29%), Fat: 12.11g (18.63%), Saturated Fat: 7.26g (45.39%), Carbohydrates: 70.25g (23.42%), Net Carbohydrates: 68.98g (25.08%), Sugar: 43.07g (47.85%), Cholesterol: 50.71mg (16.9%), Sodium: 387.49mg (16.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.64%), Manganese: 0.82mg (41.07%), Selenium: 19.39µg (27.71%), Vitamin B1: 0.3mg (19.93%), Magnesium: 73.99mg (18.5%), Iron: 3.1mg (17.2%), Folate: 68.18µg (17.05%), Vitamin B2: 0.25mg (14.74%), Potassium: 471.79mg (13.48%), Vitamin B3: 2.36mg (11.81%), Calcium: 112.78mg (11.28%), Vitamin B6: 0.21mg (10.48%), Copper: 0.19mg (9.67%), Phosphorus: 84.72mg (8.47%), Vitamin A: 391.33IU (7.83%), Vitamin B5: 0.57mg (5.72%), Fiber: 1.27g (5.08%), Zinc: 0.53mg (3.51%), Vitamin B12: 0.19µg (3.23%), Vitamin D: 0.46µg (3.05%), Vitamin E: 0.41mg (2.7%), Vitamin K: 1.3µg (1.24%)