



Gingerbread Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar dark packed ()
- ☐ 2 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 0.3 cup blackstrap molasses light (unsulfured)
- ☐ 0.5 teaspoon salt
- ☐ 7.5 tablespoons sugar divided
- ☐ 10 tablespoons butter unsalted room temperature ()

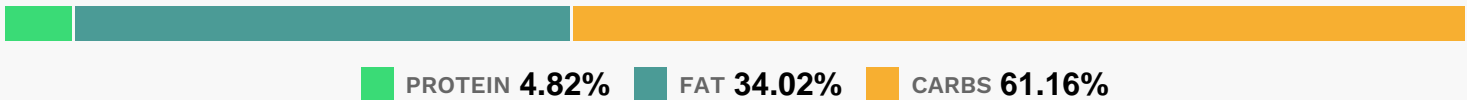
Equipment

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

Directions

- ☐ Preheat oven to 350°F. Butter and flour15x10x1-inch baking sheet.
- ☐ Place 2 cupsflour in medium bowl; transfer 2 tablespoonsflour to small bowl and reserve.
- ☐ Add spices,baking soda, and salt to flour in mediumbowl; whisk to blend. Using electric mixer,beat butter, brown sugar, and 6 tablespoonssugar in large bowl until fluffy. Beat ineggs, 1 at a time, then molasses.
- ☐ Add dryingredients to butter mixture and beat toblend.
- ☐ Spread batter evenly in prepared pan.Sift reserved 2 tablespoons flour evenly overbatter, then sprinkle evenly with remaining1 1/2 tablespoons sugar.
- ☐ Bake gingerbread until golden brownand tester inserted into center comes outclean, about 22 minutes; cool completely inpan on rack.
- ☐ Cut gingerbread crosswise into4 strips, then cut each strip into 6 pieces,forming 24 bars, each about 31/2x13/4 inches.DO AHEAD: Can be made 2 days ahead.Storeairtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:9.53, Inflammation Score:-2, Nutrition Score:2.9069565214703%

Nutrients (% of daily need)

Calories: 137.37kcal (6.87%), Fat: 5.26g (8.1%), Saturated Fat: 3.15g (19.72%), Carbohydrates: 21.29g (7.1%), Net Carbohydrates: 20.93g (7.61%), Sugar: 13.09g (14.55%), Cholesterol: 28.04mg (9.35%), Sodium: 81.39mg (3.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Manganese: 0.21mg (10.7%), Selenium: 5.7µg (8.14%), Vitamin B1: 0.09mg (5.69%), Folate: 21.31µg (5.33%), Iron: 0.82mg (4.54%), Vitamin B2: 0.07mg (4.33%), Vitamin B3: 0.68mg (3.39%), Vitamin A: 168.63IU (3.37%), Magnesium: 12.52mg (3.13%), Potassium: 81.62mg (2.33%), Phosphorus: 22.66mg (2.27%), Copper: 0.04mg (2.05%), Vitamin B6: 0.04mg (1.97%), Calcium: 19.46mg (1.95%), Vitamin B5: 0.15mg (1.54%), Fiber: 0.36g (1.44%), Vitamin E: 0.19mg (1.26%), Vitamin D: 0.17µg (1.14%), Zinc: 0.15mg (1.02%)