



Gingerbread Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



130 kcal

DESSERT

Ingredients

- ☐ 0.3 cup baking cocoa
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter cooled melted
- ☐ 1 teaspoon cinnamon
- ☐ 2 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger

- ☐ 0.3 cup blackstrap molasses
- ☐ 24 servings garnish: powdered sugar
- ☐ 1 cup sugar

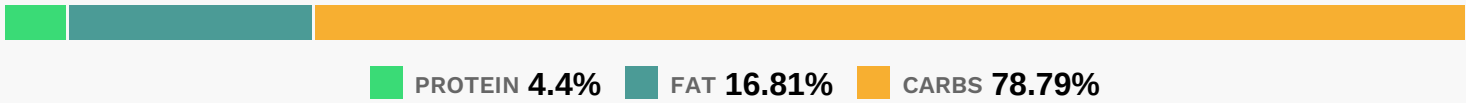
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ In a large bowl, combine flour, sugar, baking soda, cocoa and spices. In another bowl, combine butter, molasses and eggs.
- ☐ Add butter mixture to flour mixture, stirring until just combined.
- ☐ Spread in a greased 13"x9" baking pan.
- ☐ Bake at 350 degrees for 20 minutes. Cool in pan on a wire rack. Dust with powdered sugar.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:11.67, Inflammation Score:-2, Nutrition Score:2.7665217739084%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 130.05kcal (6.5%), Fat: 2.51g (3.86%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 26.44g (8.81%), Net Carbohydrates: 25.83g (9.39%), Sugar: 19.69g (21.88%), Cholesterol: 18.72mg (6.24%), Sodium: 45.68mg (1.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Manganese: 0.23mg (11.42%), Selenium: 4.91µg (7.01%), Magnesium: 18.34mg (4.58%), Iron: 0.81mg (4.5%), Vitamin B1: 0.07mg (4.38%), Folate: 16.4µg (4.1%), Vitamin B2: 0.06mg (3.63%), Copper: 0.07mg (3.63%), Potassium: 98.15mg (2.8%), Vitamin B3: 0.54mg (2.69%), Phosphorus: 24.53mg (2.45%), Fiber: 0.61g (2.45%), Vitamin B6: 0.04mg (2.15%), Calcium: 15.89mg (1.59%), Vitamin A: 79.23IU (1.58%), Vitamin B5: 0.13mg (1.34%), Zinc: 0.19mg (1.24%)