

SIDE DISH

Gingerbread I

3 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.44	316 kcal



Gingerbread I requires around 45 minutes from start to finish. This dairy free recipe serves 8 and costs 44 cents per serving. This side dish has 316 calories, 3g of protein, and 14g of fat per serving. If you have ground ginger, egg, flour, and a few other ingredients on hand, you can make it.

Ingredients

- ☐ ¼ teaspoon baking soda
- ☐ 1½ cups all-purpose flour
- ☐ ½ teaspoon ground ginger
- ☐ ¾ teaspoon salt
- ☐ ½ cup water
- ☐ 1 egg
- ☐ ½ teaspoon ground cinnamon
- ☐ ½ cup light molasses
- ☐ ½ cup shortening
- ☐ ½ cup white sugar

EQUIPMENT Frying pan, Oven, Baking pan

Method

- 1 Preheat oven to 350 degrees (175 degrees C). Grease and lightly flour one 8 inch square baking pan.
- 2 Cream shortening and sugar until light.
- 3 Add the egg and molasses and beat thoroughly.
- 4 Sift together the flour, salt, baking soda, ground ginger, and ground cinnamon.
- 5 Bring water to a boil and add alternately with flour mixture to the creamed mixture, beating well after each addition.
- 6 Pour batter into prepared pan.
- 7 Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes.
- 8 Serve warm and enjoy.

Nutrition per serving

	316 KCAL	3 g PROTEIN	14 g FAT	46 g CARBS
Saturated Fat				3.4 g · 21% of daily needs
Fibre				0.7 g · 3% of daily needs
Sugar				28.3 g · 31% of daily needs
Sodium				338 mg · 15% of daily needs
Cholesterol				20.5 mg · 7% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/gingerbread-i-147575