



Gingerbread Squares with Honey-Mascarpone Cream

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



367 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups flour
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup candied ginger finely chopped
- ☐ 0.5 cup t brown sugar dark packed ()
- ☐ 1 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 2 teaspoons ground ginger
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 8 ounce mascarpone cheese
- ☐ 0.5 cup blackstrap molasses light ()
- ☐ 9 servings powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup water boiling

Equipment

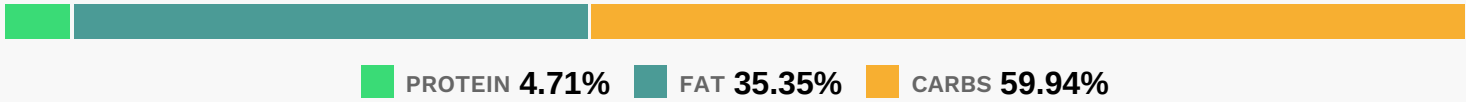
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk mascarpone cheese, honey, and lemon juice in small bowl to blend. Cover; chill until ready to serve. (Can be made 1 day ahead; keep chilled.)
- ☐ Preheat oven to 350°F. Butter and flour 8-inch square metal baking pan.
- ☐ Whisk first 6 ingredients in medium bowl to blend well; whisk in crystallized ginger.
- ☐ Whisk oil, molasses, and brown sugar in large bowl to blend; whisk in egg and lemon peel. Gradually whisk in dry ingredients, then boiling water.
- ☐ Transfer batter to prepared pan.
- ☐ Bake cake until tester inserted into center comes out clean, about 30 minutes. Cool cake 15 minutes. (Can be made 1 day ahead. Cool completely; cover and store at room temperature.)
- ☐ Cut cake into squares; sift powdered sugar over.

- ☐
- Serve warm or at room temperature with topping.
- ☐
- * Italian cream cheese available at Italian markets and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:19.59, Glycemic Load:17.75, Inflammation Score:-5, Nutrition Score:7.2286956595338%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 367.2kcal (18.36%), Fat: 14.51g (22.33%), Saturated Fat: 7.64g (47.78%), Carbohydrates: 55.36g (18.45%), Net Carbohydrates: 54.65g (19.87%), Sugar: 40.59g (45.1%), Cholesterol: 45.87mg (15.29%), Sodium: 220.57mg (9.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Manganese: 0.64mg (31.94%), Selenium: 11.42µg (16.31%), Magnesium: 52.5mg (13.12%), Iron: 2.02mg (11.2%), Vitamin B1: 0.15mg (9.81%), Calcium: 93.95mg (9.39%), Potassium: 328.08mg (9.37%), Folate: 35.06µg (8.76%), Vitamin A: 383.94IU (7.68%), Vitamin B6: 0.15mg (7.67%), Vitamin B2: 0.12mg (6.84%), Copper: 0.13mg (6.7%), Vitamin B3: 1.27mg (6.36%), Vitamin K: 4.67µg (4.45%), Phosphorus: 37.35mg (3.73%), Vitamin B5: 0.34mg (3.37%), Fiber: 0.72g (2.87%), Zinc: 0.29mg (1.91%), Vitamin E: 0.28mg (1.87%), Vitamin C: 1.11mg (1.35%)