



Gingerbread Squares with Lemon-Cream Cheese Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



3674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 1 cup butter softened
- ☐ 1 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 teaspoons ground cinnamon

- ☐ 2 teaspoons ground ginger
- ☐ 1 serving garnish: lemon rind grated
- ☐ 3 tablespoons milk
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 teaspoon salt

Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Combine first 5 ingredients. Set aside.
- ☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add sugars, beating until well blended.
- ☐ Add egg, beating until blended. Reduce speed to low; gradually add flour mixture, beating just until blended.
- ☐ Add molasses and milk, beating just until blended.
- ☐ Spread batter in a lightly greased 13- x 9-inch pan.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.
- ☐ Spread with Lemon-Cream Cheese Frosting.
- ☐ Cut into squares.
- ☐ Garnish with grated lemon rind, if desired.
- ☐ Cut each bar in half, forming 2 triangles if desired.
- ☐ Note: Frosted bars may be stored in an airtight container in the refrigerator 5 to 7 days. If you decide to freeze these bars, do not frost them before freezing.
- ☐ Add the frosting to partially thawed bars, and then cut into shapes.

Nutrition Facts



PROTEIN 3.53% FAT 46.49% CARBS 49.98%

Properties

Glycemic Index:282.09, Glycemic Load:228.42, Inflammation Score:-10, Nutrition Score:56.19826044207%

Nutrients (% of daily need)

Calories: 3674.48kcal (183.72%), Fat: 193.09g (297.06%), Saturated Fat: 119.56g (747.23%), Carbohydrates: 467.07g (155.69%), Net Carbohydrates: 458.45g (166.71%), Sugar: 293.72g (326.36%), Cholesterol: 679.45mg (226.48%), Sodium: 2755.51mg (119.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.96g (65.91%), Manganese: 5.33mg (266.65%), Selenium: 116.91µg (167.01%), Vitamin B1: 1.82mg (121.51%), Vitamin A: 6028.73IU (120.57%), Folate: 432.51µg (108.13%), Iron: 18.33mg (101.86%), Magnesium: 356.82mg (89.2%), Vitamin B2: 1.48mg (86.96%), Vitamin B3: 14.7mg (73.5%), Potassium: 2283.89mg (65.25%), Calcium: 538.49mg (53.85%), Vitamin B6: 1.04mg (52.25%), Copper: 0.99mg (49.53%), Phosphorus: 483.71mg (48.37%), Vitamin E: 6.04mg (40.26%), Fiber: 8.62g (34.46%), Vitamin B5: 3.22mg (32.25%), Zinc: 3.15mg (21.03%), Vitamin B12: 1.07µg (17.9%), Vitamin K: 18.11µg (17.25%), Vitamin D: 1.5µg (9.97%)