



Gingerbread Wedges

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 3.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 0.5 cup blackstrap molasses light
- ☐ 0.5 teaspoon salt

- ☐ 0.1 lb butter unsalted at room temperature
- ☐ 0.3 cup water

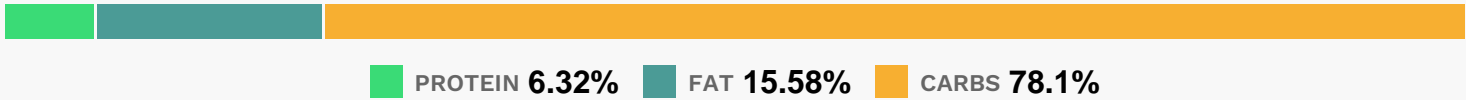
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ In a large bowl, with an electric mixer on medium speed, beat sugar and butter until well blended and creamy.
- ☐ Add molasses; beat until blended.
- ☐ In another bowl, mix flour, ginger, baking soda, cinnamon, salt, and cloves.
- ☐ Add about a third of the flour mixture to the butter mixture; beat on low speed until blended.
- ☐ Add about a third of the water; beat until incorporated. Repeat to add all of the flour mixture and water, beating just until incorporated. Gather mixture with floured hands and form into a soft ball.
- ☐ Spray bottoms of two 8- or 9-inch pie pans with cooking oil spray. Divide dough in half and press a portion level in each pan. With a floured knife, cut each round into eight wedges.
- ☐ Bake until top springs back when lightly touched, 18 to 20 minutes.
- ☐ Let cool about 5 minutes in pan, then invert onto a rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:18.56, Inflammation Score:-3, Nutrition Score:5.8321739857126%

Nutrients (% of daily need)

Calories: 182.68kcal (9.13%), Fat: 3.17g (4.87%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 35.73g (11.91%), Net Carbohydrates: 34.91g (12.7%), Sugar: 14.62g (16.25%), Cholesterol: 7.62mg (2.54%), Sodium: 148.24mg (6.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Manganese: 0.47mg (23.26%), Selenium: 11.41µg (16.29%), Vitamin B1: 0.22mg (14.62%), Folate: 50.26µg (12.56%), Iron: 1.87mg (10.41%), Vitamin B3: 1.75mg (8.73%), Magnesium: 32.9mg (8.22%), Vitamin B2: 0.14mg (8.06%), Potassium: 196.91mg (5.63%), Copper: 0.1mg (4.84%), Vitamin B6: 0.09mg (4.37%), Phosphorus: 34.41mg (3.44%), Calcium: 33.55mg (3.35%), Fiber: 0.82g (3.27%), Vitamin B5: 0.22mg (2.19%), Vitamin A: 88.87IU (1.78%), Zinc: 0.24mg (1.59%)