



Glorified Gingerbread

READY IN



45 min.

SERVINGS



12

CALORIES



245 kcal

SIDE DISH

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup buttermilk
- 1 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoon ground ginger
- 2 tablespoons blackstrap molasses

- 0.5 teaspoon salt
- 0.5 cup shortening
- 1 teaspoon vanilla extract
- 1 cup sugar white

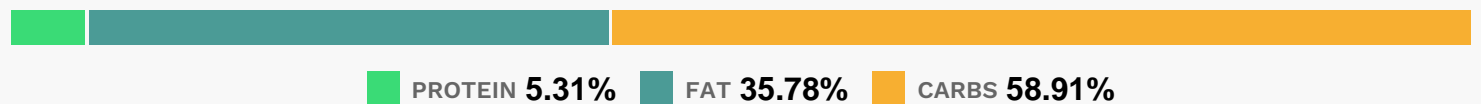
Equipment

- frying pan
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Mix sugar, shortening, flour, spices, and salt as for pie crust. Divide dough in half and set aside.
- Add remaining ingredients to half of the dough.
- Place in a greased 9 inch square pan.
- Sprinkle the other half of the dough over mixture.
- Bake for 30 minutes. Cool in pan and then cut into bars.

Nutrition Facts



Properties

Glycemic Index:26.42, Glycemic Load:24.62, Inflammation Score:-2, Nutrition Score:5.2604347367811%

Nutrients (% of daily need)

Calories: 245.15kcal (12.26%), Fat: 9.83g (15.13%), Saturated Fat: 2.67g (16.7%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 35.73g (12.99%), Sugar: 20.22g (22.47%), Cholesterol: 15.84mg (5.28%), Sodium: 252.12mg (10.96%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 3.28g (6.57%), Manganese: 0.33mg (16.57%), Selenium: 9.73µg (13.9%), Vitamin B1: 0.18mg (11.85%), Folate: 40.9µg (10.23%), Vitamin B2: 0.16mg (9.3%), Iron: 1.3mg (7.24%), Vitamin B3: 1.3mg (6.51%), Calcium: 57.33mg (5.73%), Phosphorus: 55.59mg (5.56%), Vitamin K: 4.85µg (4.62%), Vitamin E: 0.6mg (4%), Magnesium: 15.9mg (3.97%), Vitamin B5: 0.31mg (3.1%), Potassium: 107.7mg (3.08%), Copper: 0.06mg (2.85%), Fiber: 0.7g (2.81%), Vitamin B6: 0.05mg (2.34%), Vitamin D: 0.33µg (2.22%), Vitamin B12: 0.12µg (2.08%), Zinc: 0.29mg (1.95%), Vitamin A: 53.47IU (1.07%)