

SIDE DISH

Old-Fashioned Gingerbread

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
53 min	8 min	45 min	12	\$0.38	188 kcal

Old-Fashioned Gingerbread could be just the lacto ovo vegetarian recipe you've been looking for. This recipe serves 12 and costs 38 cents per serving. One serving contains 188 calories, 3g of protein, and 5g of fat. It works best as a side dish, and is done in around 53 minutes.

Ingredients

☐ 1 cup applesauce	☐ 1 teaspoon baking powder
☐ 1 teaspoon baking soda	☐ ¼ cup butter, melted
☐ 2 large eggs	☐ 1½ cups all-purpose flour
☐ 1 teaspoon ground cinnamon	☐ ¼ teaspoon ground cloves
☐ 1 teaspoon ground ginger	☐ ½ cup light molasses
☐ 1 tablespoon powdered sugar	☐ ¼ teaspoon salt
☐ ½ cup sugar	

EQUIPMENT Frying pan, Oven, Knife, Wire rack, Blender, Baking pan, Measuring cup

Method

- 1 Preheat oven to 32
- 2 Lightly spoon flour into dry measuring cups; level with a knife.
- 3 Combine flour and next 6 ingredients. Set aside.

- 4 Beat sugar and eggs with a mixer at medium speed until well blended.
- 5 Add applesauce, molasses, and butter; beat well.
- 6 Add flour mixture to applesauce mixture, beating just until dry ingredients are moist.
- 7 Pour batter into an 8-inch square baking pan coated with cooking spray.
- 8 Bake at 325 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.
- 9 Sprinkle with powdered sugar.
- 10 Cut into 12 squares.
- 11 Serve warm or at room temperature.

Nutrition per serving

188	3 g	5 g	34 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.7 g · 17% of daily needs
Fibre			0.8 g · 3% of daily needs
Sugar			21.5 g · 24% of daily needs
Sodium			223 mg · 10% of daily needs
Cholesterol			41.2 mg · 14% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/old-fashioned-gingerbread-147763