



Old-Fashioned Gingerbread

READY IN



65 min.

SERVINGS



9

CALORIES



365 kcal

DESSERT

Ingredients

- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 cup shortening
- ☐ 0.3 cup sugar
- ☐ 1 cup blackstrap molasses
- ☐ 0.8 cup water hot
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 teaspoon salt

- ☐ 1 eggs
- ☐ 1 serving butterscotch topping

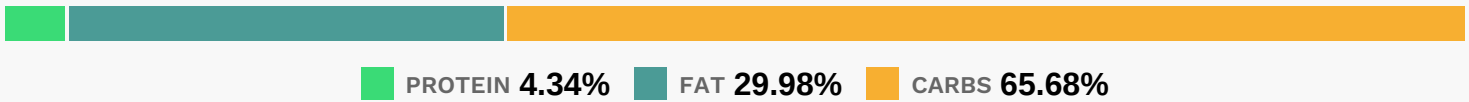
Equipment

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

Directions

- ☐ Heat oven to 325°F. Grease and flour bottom and sides of square pan, 9x9x2 inches.
- ☐ Beat all ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 3 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake 50 to 55 minutes or until toothpick inserted in center comes out clean.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:28.23, Glycemic Load:35.42, Inflammation Score:-5, Nutrition Score:11.125217394093%

Nutrients (% of daily need)

Calories: 364.63kcal (18.23%), Fat: 12.28g (18.89%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 60.53g (20.18%), Net Carbohydrates: 59.5g (21.64%), Sugar: 35.56g (39.51%), Cholesterol: 18.19mg (6.06%), Sodium: 338.53mg (14.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.99%), Manganese: 0.91mg (45.44%), Selenium: 19.33µg (27.61%), Magnesium: 99.15mg (24.79%), Iron: 3.43mg (19.07%), Vitamin B1: 0.27mg (18.28%), Potassium: 592.26mg (16.92%), Folate: 61.65µg (15.41%), Vitamin B6: 0.28mg (13.77%), Copper: 0.24mg (11.91%), Vitamin B3: 2.29mg (11.45%), Vitamin B2: 0.19mg (10.89%), Calcium: 87.78mg (8.78%), Vitamin B5: 0.6mg (5.97%), Vitamin K: 6.25µg (5.95%), Phosphorus: 56.84mg (5.68%), Vitamin E: 0.77mg (5.17%), Fiber: 1.02g (4.1%), Zinc:

0.41mg (2.76%)