



## Old-Fashioned Gingerbread

 Vegetarian

READY IN



53 min.

SERVINGS



12

CALORIES



188 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup blackstrap molasses light
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

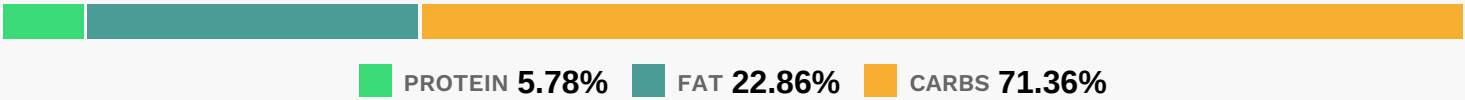
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 32
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 6 ingredients. Set aside.
- ☐ Beat sugar and eggs with a mixer at medium speed until well blended.
- ☐ Add applesauce, molasses, and butter; beat well.
- ☐ Add flour mixture to applesauce mixture, beating just until dry ingredients are moist.
- ☐ Pour batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 325 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.
- ☐ Sprinkle with powdered sugar.
- ☐ Cut into 12 squares.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:28.01, Glycemic Load:19.15, Inflammation Score:-3, Nutrition Score:5.7634782920713%

## Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 187.9kcal (9.39%), Fat: 4.86g (7.47%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 34.11g (11.37%), Net Carbohydrates: 33.34g (12.12%), Sugar: 21.45g (23.84%), Cholesterol: 41.17mg (13.72%), Sodium: 223.41mg (9.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.53%), Manganese: 0.44mg (21.95%), Selenium: 10.62µg (15.17%), Magnesium: 39.78mg (9.94%), Iron: 1.67mg (9.3%), Vitamin B1: 0.14mg (9.16%), Folate: 33.3µg (8.33%), Vitamin B2: 0.13mg (7.38%), Potassium: 253.01mg (7.23%), Vitamin B6: 0.12mg (6.11%), Calcium: 59.57mg (5.96%), Vitamin B3: 1.1mg (5.49%), Copper: 0.1mg (5.23%), Phosphorus: 47.61mg (4.76%), Vitamin A: 169.69IU (3.39%), Vitamin B5: 0.32mg (3.24%), Fiber: 0.77g (3.09%), Zinc: 0.28mg (1.86%), Vitamin E: 0.25mg (1.64%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.11%)