



## Old-Fashioned Gingerbread with Molasses Whipped Cream

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



459 kcal

SIDE DISH

### Ingredients

- ☐ 2 cups all purpose flour
- ☐ 2 teaspoons baking soda
- ☐ 2 large eggs
- ☐ 1.3 teaspoons ground cinnamon
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.8 cup mild-flavored molasses light ()
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 0.8 cup water boiling
- ☐ 1.5 cups whipping cream chilled divided

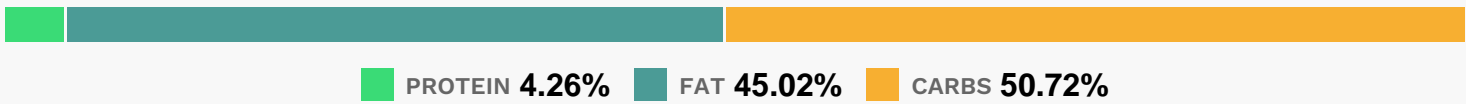
## Equipment

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

## Directions

- ☐ Preheat oven to 350°F. Butter and flour 9x9x2-inch metal baking pan. Using electric mixer, beat 1 cup sugar and butter in large bowl until blended. Beat in 3/4 cup molasses, then eggs 1 at a time. Sift in flour, baking soda, cinnamon, ginger, and salt; beat until blended. Beat in 1/4 cup cream, then 3/4 cup boiling water.
- ☐ Transfer batter to prepared pan.
- ☐ Bake cake until tester inserted into center comes out clean, about 45 minutes. Cool cake in pan on rack.
- ☐ Beat 1 1/4 cups cream and 1 tablespoon sugar in medium bowl until peaks form. Fold in 2 tablespoons molasses just until streaks appear (do not overmix).
- ☐ Cut cake into slices; transfer to plates.
- ☐ Serve with molasses whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:19.41, Glycemic Load:36.07, Inflammation Score:-7, Nutrition Score:10.255217366892%

Nutrients (% of daily need)

Calories: 459.48kcal (22.97%), Fat: 23.39g (35.98%), Saturated Fat: 14.4g (90.01%), Carbohydrates: 59.28g (19.76%), Net Carbohydrates: 58.45g (21.25%), Sugar: 40g (44.45%), Cholesterol: 101.94mg (33.98%), Sodium: 371.25mg (16.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.95%), Manganese: 0.66mg (32.78%), Selenium: 17.44µg (24.92%), Magnesium: 71.24mg (17.81%), Vitamin A: 863.21IU (17.26%), Iron: 2.63mg (14.6%), Vitamin B1: 0.22mg (14.56%), Vitamin B2: 0.24mg (14.4%), Folate: 52.25µg (13.06%), Potassium: 449.69mg (12.85%), Vitamin B6: 0.21mg (10.58%), Calcium: 90.93mg (9.09%), Copper: 0.18mg (8.9%), Vitamin B3: 1.76mg (8.82%), Phosphorus: 78.48mg (7.85%), Vitamin D: 0.94µg (6.28%), Vitamin B5: 0.57mg (5.71%), Vitamin E: 0.72mg (4.78%), Fiber: 0.83g (3.32%), Zinc: 0.49mg (3.25%), Vitamin B12: 0.17µg (2.76%), Vitamin K: 2.12µg (2.02%)