



## Quick-and-Easy Gingerbread

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



215 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup egg substitute
- 1.5 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 2 teaspoons ground ginger
- 0.3 teaspoon ground nutmeg

- 0.3 cup blackstrap molasses
- 0.5 cup orange juice
- 1 teaspoon powdered sugar
- 0.3 teaspoon salt
- 0.3 cup stick margarine softened

## Equipment

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

## Directions

- Preheat oven to 35
- Beat granulated sugar and butter at medium speed of a mixer until well-blended.
- Add juice, molasses, and egg substitute; beat well, and set aside.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine the flour and the next 6 ingredients (flour through nutmeg) in a small bowl; gradually add flour mixture to molasses mixture, stirring until well-blended.
- Pour batter into an 8-inch square baking pan coated with cooking spray.
- Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool gingerbread in pan on a wire rack.
- Sprinkle with powdered sugar.

## Nutrition Facts



■ PROTEIN 5.57% ■ FAT 23.26% ■ CARBS 71.17%

## Properties

Glycemic Index:45.34, Glycemic Load:24.16, Inflammation Score:-5, Nutrition Score:6.7234783039793%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 214.5kcal (10.72%), Fat: 5.61g (8.63%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 37.91g (13.78%), Sugar: 22.01g (24.46%), Cholesterol: 0mg (0%), Sodium: 229.62mg (9.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Manganese: 0.5mg (25.25%), Selenium: 12.37µg (17.68%), Vitamin B1: 0.19mg (12.68%), Folate: 43.5µg (10.87%), Iron: 1.85mg (10.25%), Magnesium: 38.68mg (9.67%), Vitamin C: 6.94mg (8.42%), Vitamin B2: 0.14mg (8.14%), Potassium: 255.86mg (7.31%), Vitamin B3: 1.46mg (7.28%), Vitamin A: 278.15IU (5.56%), Vitamin B6: 0.11mg (5.54%), Calcium: 52mg (5.2%), Copper: 0.1mg (5.11%), Phosphorus: 40.83mg (4.08%), Vitamin B5: 0.34mg (3.36%), Fiber: 0.72g (2.89%), Vitamin E: 0.33mg (2.2%), Zinc: 0.28mg (1.83%)