



Quick Gingerbread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



435 kcal

SIDE DISH

Ingredients

- ☐ 8 servings apple sauce
- ☐ 2 cups bisquick
- ☐ 0.3 cup blackstrap molasses dark
- ☐ 2 eggs
- ☐ 2 tablespoons ground ginger
- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup milk
- ☐ 1.3 cups sugar

☐ 2 tablespoons butter unsalted melted

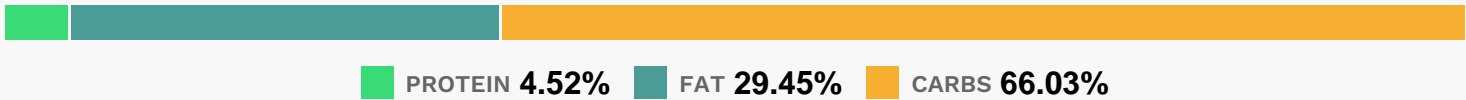
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350F and grease a 13-by-9- inch baking pan. In a large bowl, combine Bisquick, 1 1/4 cups sugar and ginger. In a separate bowl, mix milk with molasses, and then beat in butter and eggs.
- ☐ Add liquid ingredients to dry ingredients and stir until blended and smooth.
- ☐ Pour batter into prepared pan and bake until a toothpick inserted in center comes out clean, about 25 minutes. Turn out onto a wire rack and let cool.
- ☐ Beat cream with remaining 2 Tbsp. sugar until it forms stiff, fluffy peaks.
- ☐ Cut cake into 8 equal pieces. Spoon a dollop of applesauce onto each of 4 dessert plates, if using. Arrange a gingerbread slice on each plate.
- ☐ Spread whipped cream on those 4 pieces and then top with other pieces. Dollop with more whipped cream.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:25.55, Inflammation Score:-5, Nutrition Score:10.041304298069%

Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 435.23kcal (21.76%), Fat: 14.65g (22.54%), Saturated Fat: 7.08g (44.25%), Carbohydrates: 73.88g (24.63%), Net Carbohydrates: 71.73g (26.08%), Sugar: 55.26g (61.4%), Cholesterol: 67.68mg (22.56%), Sodium: 415.6mg (18.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Manganese: 0.72mg (35.76%), Phosphorus: 233.61mg (23.36%), Vitamin B2: 0.28mg (16.26%), Vitamin B1: 0.23mg (15.01%), Selenium: 9.52µg (13.61%), Folate: 47.19µg (11.8%), Calcium: 117.48mg (11.75%), Iron: 2.08mg (11.55%), Magnesium: 43.58mg (10.9%), Potassium: 363.09mg (10.37%), Vitamin B3: 1.72mg (8.59%), Fiber: 2.15g (8.59%), Vitamin A: 427.19IU (8.54%), Vitamin B6: 0.17mg (8.37%), Copper: 0.15mg (7.44%), Vitamin B5: 0.67mg (6.73%), Vitamin B12: 0.33µg (5.45%), Vitamin D: 0.68µg (4.52%), Vitamin E: 0.58mg (3.84%), Zinc: 0.54mg (3.59%), Vitamin K: 3.37µg (3.21%), Vitamin C: 1.41mg (1.71%)