



Rich and Sticky Gingerbread with Marmalade

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces crystallized ginger chopped
- ☐ 2 large eggs
- ☐ 0.5 cup golden raisins
- ☐ 1.5 teaspoons ground ginger
- ☐ 0.8 cup robust-flavored molasses dark ()
- ☐ 1 cup orange marmalade
- ☐ 1.7 cups self-rising flour
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

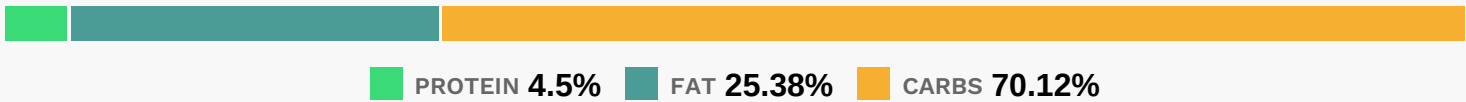
Equipment

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

Directions

- ☐ Preheat oven to 325°F. Butter and flour 9x9x2-inch metal baking pan; line bottom with parchment paper.
- ☐ Sift flour and ground ginger into medium bowl. Using electric mixer, beat butter in large bowl until fluffy. Beat in molasses. Beat in flour mixture in 3 additions alternately with eggs, 1 at a time. Beat in marmalade, then raisins, and crystallized ginger.
- ☐ Transfer to prepared baking pan.
- ☐ Bake cake until tester inserted into center comes out clean, about 38 minutes. Cool cake completely in pan on rack. (Can be made 1 day ahead. Cover and let stand at room temperature.)
- ☐ Cut cake into 9 squares.
- ☐ Cut each square in half, making eighteen 1 1/2x3-inch pieces.

Nutrition Facts



Properties

Glycemic Index:9.31, Glycemic Load:11.78, Inflammation Score:-3, Nutrition Score:4.3334782227226%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 202.23kcal (10.11%), Fat: 5.87g (9.04%), Saturated Fat: 3.45g (21.59%), Carbohydrates: 36.52g (12.17%), Net Carbohydrates: 35.93g (13.07%), Sugar: 25.99g (28.88%), Cholesterol: 34.22mg (11.41%), Sodium: 24.97mg (1.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.69%), Manganese: 0.38mg (18.99%), Selenium: 9.09µg (12.99%), Magnesium: 39.79mg (9.95%), Potassium: 264.59mg (7.56%), Copper: 0.13mg (6.29%), Vitamin B6: 0.13mg (6.27%), Iron: 1mg (5.54%), Calcium: 44.23mg (4.42%), Vitamin A: 198.88IU (3.98%), Phosphorus: 33.72mg (3.37%), Vitamin B2: 0.05mg (2.78%), Vitamin B5: 0.26mg (2.65%), Fiber: 0.59g (2.35%), Folate: 8.36µg (2.09%), Vitamin E: 0.27mg (1.78%), Vitamin B3: 0.32mg (1.62%), Zinc: 0.24mg (1.62%), Vitamin D: 0.21µg (1.37%), Vitamin B1: 0.02mg (1.26%), Vitamin C: 0.98mg (1.19%)