



Toffee Meringue Gingerbread

 Dairy Free

READY IN



80 min.

SERVINGS



9

CALORIES



525 kcal

DESSERT

Ingredients

- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 teaspoon salt
- ☐ 1 cup blackstrap molasses
- ☐ 0.5 cup shortening

- ☐ 0.8 cup water hot
- ☐ 1 eggs
- ☐ 0.5 cup toffee chips
- ☐ 2 egg whites
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup toffee chips

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ springform pan

Directions

- ☐ Heat oven to 325°F. Grease bottom and side of 9-inch springform pan or 9-inch square pan with shortening; lightly flour. In large bowl, beat all gingerbread ingredients except toffee bits with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 3 minutes, scraping bowl occasionally. Stir in 1/2 cup toffee bits.
- ☐ Pour into pan.
- ☐ Bake about 50 minutes or until toothpick inserted in center comes out clean.
- ☐ Meanwhile, in medium bowl, mix egg whites and cream of tartar with electric mixer on high speed until foamy. Beat in brown sugar, 1 tablespoon at a time. Stir in 1/4 cup toffee bits.
- ☐ Increase oven temperature to 400°F.
- ☐ Spread meringue over hot gingerbread.
- ☐ Bake 8 to 10 minutes or until meringue is light brown.
- ☐ Serve warm.

Nutrition Facts



PROTEIN 3.74% **FAT 31.81%** **CARBS 64.45%**

Properties

Glycemic Index:32.9, Glycemic Load:41.88, Inflammation Score:-6, Nutrition Score:11.961304433806%

Nutrients (% of daily need)

Calories: 524.57kcal (26.23%), Fat: 18.71g (28.79%), Saturated Fat: 7.12g (44.49%), Carbohydrates: 85.3g (28.43%), Net Carbohydrates: 84.28g (30.65%), Sugar: 59.9g (66.55%), Cholesterol: 38.69mg (12.9%), Sodium: 379.58mg (16.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.89%), Manganese: 0.92mg (45.9%), Selenium: 20.97µg (29.95%), Magnesium: 101.77mg (25.44%), Iron: 3.53mg (19.63%), Vitamin B1: 0.28mg (18.4%), Potassium: 643.12mg (18.37%), Folate: 62.43µg (15.61%), Vitamin B6: 0.28mg (14.12%), Vitamin B2: 0.23mg (13.4%), Copper: 0.25mg (12.31%), Vitamin B3: 2.32mg (11.58%), Calcium: 105.06mg (10.51%), Vitamin B5: 0.65mg (6.52%), Vitamin K: 6.79µg (6.47%), Phosphorus: 64.61mg (6.46%), Vitamin E: 0.96mg (6.4%), Vitamin A: 254.25IU (5.08%), Fiber: 1.02g (4.1%), Zinc: 0.44mg (2.96%), Vitamin B12: 0.07µg (1.19%)