

Triple-Ginger Bars

 Dairy Free

READY IN



165 min.

SERVINGS



24

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 box cake mix white
- 0.5 cup butter melted
- 2 eggs
- 0.3 cup candied ginger finely chopped
- 1 tablespoon ginger grated
- 1 teaspoon ground ginger
- 2 tablespoons evaporated cane juice

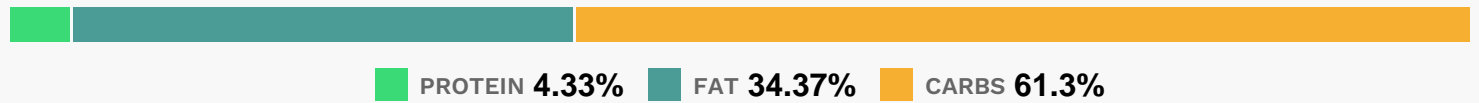
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease and lightly flour bottom only of 13x9-inch pan, or spray with baking spray with flour.
- In large bowl, mix cake mix, butter and eggs with spoon until well blended. Stir in remaining ingredients except sugar.
- Spread batter evenly in pan.
- Sprinkle with sugar.
- Bake 18 to 23 minutes or until edges are very light golden brown. Cool completely, about 1 hour. For bars, cut into 6 rows by 4 rows. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.2786956415714%

Nutrients (% of daily need)

Calories: 128.05kcal (6.4%), Fat: 4.96g (7.63%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 19.64g (7.14%), Sugar: 11.23g (12.48%), Cholesterol: 13.64mg (4.55%), Sodium: 199.37mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.81%), Phosphorus: 81.18mg (8.12%), Calcium: 50.79mg (5.08%), Selenium: 3.03µg (4.32%), Folate: 16.89µg (4.22%), Vitamin B2: 0.07mg (3.85%), Vitamin A: 188.99IU (3.78%), Manganese: 0.07mg (3.68%), Vitamin B1: 0.05mg (3.25%), Iron: 0.5mg (2.79%), Vitamin B3: 0.53mg (2.64%), Vitamin E: 0.37mg (2.49%), Vitamin B5: 0.12mg (1.25%), Copper: 0.02mg (1.06%), Fiber: 0.25g (1.02%)