



Gingerbread

USDA Recipe for CACFP

Gingerbread is a sweet splurge with loads of flavor from ginger, cinnamon, molasses, and lemon zest.

CACFP CREDITING INFORMATION

The *Dietary Guidelines* identify grain-based desserts as sources of added sugars and saturated fats. To better align the CACFP meal patterns with the *Dietary Guidelines*, grain-based desserts cannot count toward the grain requirement at any meal or snack under the updated CACFP meal patterns (7 CFR 226.20(a)(4)(iii)).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	7½ oz	1⅓ cups	15 oz	3⅓ cups	1 Place flour, baking soda, ginger, cinnamon, and cloves in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.
Bread flour, enriched	7¼ oz	1½ cups 2 Tbsp	14½ oz	3¼ cups	
Baking soda		2 tsp		1 Tbsp 1 tsp	
Ginger, ground		1 Tbsp 1½ tsp		3 Tbsp	
Cinnamon, ground		2 tsp		1 Tbsp 1 tsp	
Cloves, ground		½ tsp		1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free	3 oz	1/3 cup	6 oz	2/3 cup	2 Combine margarine, sugar, molasses, and boiling water in a large bowl. Stir until margarine is melted.
Brown sugar	6 oz	3/4 cup	12 oz	1 1/2 cups	
Molasses	11 oz	1 1/3 cups	1 lb 6 oz	2 2/3 cups	
Boiling water		1 1/3 cups		2 2/3 cups	
Whole eggs, frozen, thawed	6 oz	2/3 cup	12 oz	1 1/3 cups	3 Add eggs.
					4 Add molasses mixture to dry ingredients and stir until lumps are removed.
(Optional) Lemon or orange zest		1 Tbsp		2 Tbsp	5 (Optional) Add lemon or orange zest.
					6 Pour 1 qt 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan-release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					7 Bake until edges are dark and middle is firm to touch: Conventional oven: 350 °F for 35–45 minutes. Convection oven: 325 °F for 30–35 minutes.
					8 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece.



NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	166
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	24 mg
Sodium	140 mg
Total Carbohydrate	31 g
Dietary Fiber	1 g
Total Sugars	19 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	5 IU
Calcium	45 mg
Iron	1 mg
Potassium	310 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same-Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 3 lb	About 6 lb
About 1 qt 2 cups/1 steam table pan (12" x 10" x 2½")	About 3 qt/2 steam table pans (12" x 10" x 2½")

