



Gingerbread

USDA Recipe for Schools

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

NSLP CREDITING INFORMATION

1 piece provides 1 oz equivalent grains.

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|-----------------------|---------------------|----------------------|--------------|------------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Whole-wheat flour | 15 oz | 3 $\frac{1}{3}$ cups | 1 lb 14 oz | 1 qt 2 $\frac{2}{3}$ 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 | 14 $\frac{1}{2}$ oz | 3 $\frac{1}{4}$ cups | 1 lb 13 oz | 1 qt 2 $\frac{1}{2}$ cups | |
| Baking soda | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Ginger, ground | | 3 Tbsp | 3 oz | $\frac{1}{4}$ cup 2 Tbsp | |
| Cinnamon, ground | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Cloves, ground | | 1 tsp | | 2 tsp | |

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| | Weight | Measure | Weight | Measure | |
| Margarine, trans-fat free | 6 oz | $\frac{2}{3}$ cup | 12 oz | 1 $\frac{1}{3}$ cups | 2 Combine margarine, sugar, molasses, and boiling water in a large bowl. Stir until margarine is melted. |
| Brown sugar | 12 oz | 1 $\frac{1}{2}$ cups | 1 lb 8 oz | 3 cups | |
| Molasses | 1 lb 6 oz | 2 $\frac{2}{3}$ cups | 2 lb 12 oz | 1 qt 1 $\frac{1}{3}$ cups | 3 Add eggs. |
| Boiling water | | 2 $\frac{2}{3}$ cups | | 1 qt 1 $\frac{1}{3}$ cups | |
| Whole eggs, frozen, thawed | 12 oz | 1 $\frac{1}{3}$ cups | 1 lb 8 oz | 2 $\frac{2}{3}$ cups | 4 Add molasses mixture to dry ingredients and stir until lumps are removed. |
| (Optional) Lemon or orange zest | | 2 Tbsp | | $\frac{1}{4}$ cup | |
| | | | | | 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 $\frac{1}{2}$ ") lightly coated with pan-release spray. For 50 servings, use 2 pans. For 100 servings, use 4 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 |
| <hr/> | |
| 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 |
| <hr/> | |
| 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

| 50 Servings | 100 Servings |
|--|--|
| About 6 lb | About 12 lb |
| About 3 qt/2 steam table pans (12" x 10" x 2½") | About 1 gal 2 qt/4 steam table pans (12" x 10" x 2½") |