



Building Gingerbread

 Dairy Free  Very Healthy

READY IN



180 min.

SERVINGS



1

CALORIES



7068 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon baking soda
- 2.5 cups confectioners' sugar
- 0.3 teaspoon cream of tartar
- 2 egg whites
- 5 cups flour all-purpose
- 1 tablespoon ground ginger
- 1 teaspoon ground nutmeg
- 1 cup blackstrap molasses

- 1 teaspoon salt
- 1 cup shortening
- 0.5 teaspoon vanilla extract
- 1 cup sugar white

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Melt shortening in a saucepan large enough for mixing the dough.
- Mix in sugar and molasses.
- Combine the flour, salt, baking soda, nutmeg, and ginger; gradually stir into the pan, using your hands to work in the last bit. Dough should be stiff.
- On a floured surface, roll out dough to 1/4 inch thickness, and cut out as desired. Make sure the gingerbread is of uniform thickness, or the edges may burn before the center is done.
- Place pieces onto cookie sheets.
- Bake for 13 to 15 minutes in the preheated oven.
- Let cool for several minutes on the cookie sheet, then remove to racks to finish cooling.
- When the gingerbread has cooled completely, make the frosting cement. In a medium bowl, mix together confectioners' sugar and cream of tartar.
- Add egg whites and vanilla. Beat on high speed until frosting holds its shape. If necessary, add more confectioners' sugar to thicken the icing. Cover frosting with a damp cloth to prevent drying.

Nutrition Facts



■ PROTEIN 4.02% ■ FAT 26.88% ■ CARBS 69.1%

Properties

Glycemic Index:259.09, Glycemic Load:595.83, Inflammation Score:-10, Nutrition Score:70.7691303673%

Nutrients (% of daily need)

Calories: 7067.64kcal (353.38%), Fat: 213.14g (327.91%), Saturated Fat: 52.93g (330.8%), Carbohydrates: 1233g (411%), Net Carbohydrates: 1215g (441.82%), Sugar: 747.84g (830.94%), Cholesterol: 0mg (0%), Sodium: 3675.11mg (159.79%), Alcohol: 0.69g (100%), Alcohol %: 0.05% (100%), Protein: 71.67g (143.34%), Manganese: 11.18mg (559.02%), Selenium: 289.7µg (413.86%), Vitamin B1: 5.1mg (339.82%), Folate: 1148.32µg (287.08%), Iron: 46.48mg (258.22%), Magnesium: 974.32mg (243.58%), Vitamin B2: 3.46mg (203.78%), Vitamin B3: 40.61mg (203.06%), Potassium: 5896.94mg (168.48%), Copper: 2.64mg (131.96%), Vitamin B6: 2.57mg (128.65%), Vitamin K: 110.97µg (105.69%), Vitamin E: 12.94mg (86.28%), Calcium: 806.95mg (80.69%), Phosphorus: 801.29mg (80.13%), Fiber: 18g (71.99%), Vitamin B5: 6.98mg (69.8%), Zinc: 5.66mg (37.71%)