



Chocolate-Covered Gingerbread Kids

READY IN



45 min.

SERVINGS



48

CALORIES



62 kcal

DESSERT

Ingredients

- 1.8 cups all purpose flour
- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 48 servings crystallized ginger chopped
- 1 large eggs
- 6 tablespoons brown sugar packed ()
- 0.8 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 2 teaspoons ground ginger

- 0.3 teaspoon ground nutmeg
- 3 tablespoons mild-flavored molasses light ()
- 6 ounces bittersweet chocolate chopped
- 0.3 cup butter unsalted room temperature ()
- 2 teaspoons vegetable oil

Equipment

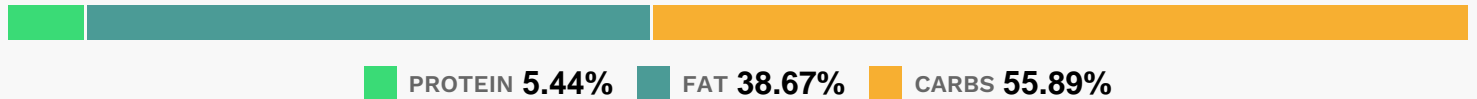
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- double boiler
- hand mixer
- cookie cutter

Directions

- Position rack in center of oven and preheat to 325°F. Line 2 large baking sheets with parchment paper.
- Whisk first 7 ingredients in large bowl to blend. Stir brown sugar, butter, and molasses in medium saucepan over low heat until melted. Increase heat to medium-high and bring to boil, stirring constantly.
- Remove from heat.
- Let cool 10 minutes.
- Whisk egg in medium bowl to blend. Gradually whisk molasses mixture into egg. Using electric mixer, gradually beat molasses mixture into flour mixture until just blended.
- Roll dough out on lightly floured surface to 12x10-inch rectangle.
- Cut out gingerbread with cookie cutters.

- Transfer to baking sheets, spacing 1 inch apart. Gather scraps and roll out on lightly floured surface; cut out additional cookies. Repeat until all dough is used.
- Bake cookies, 1 sheet at a time, until puffed and tops are firm, about 10 minutes. Cool on sheets 5 minutes.
- Transfer to rack; cool completely.
- Place rack over rimmed baking sheet. Stir chocolate and oil in top of double boiler set over barely simmering water until melted. Holding bottom of 1 cookie, dip top into chocolate, allowing excess to drip off.
- Transfer cookies, chocolate-side up, to prepared rack. Repeat with remaining cookies and chocolate. Decorate cookies with candies or ginger. Chill cookies until chocolate is set, about 30 minutes. (Cookies can be made 3 days ahead. Store in single layer in airtight container in refrigerator.)
- Let cookies stand at room temperature 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:5.96, Glycemic Load:2.94, Inflammation Score:-1, Nutrition Score:1.6552173819231%

Nutrients (% of daily need)

Calories: 61.73kcal (3.09%), Fat: 2.66g (4.09%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 8.2g (2.98%), Sugar: 4.47g (4.97%), Cholesterol: 6.63mg (2.21%), Sodium: 13.26mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.05mg (1.02%), Protein: 0.84g (1.68%), Manganese: 0.14mg (6.91%), Selenium: 2.46µg (3.52%), Iron: 0.55mg (3.05%), Copper: 0.06mg (2.96%), Magnesium: 10.8mg (2.7%), Vitamin B1: 0.04mg (2.53%), Folate: 8.9µg (2.23%), Phosphorus: 18.04mg (1.8%), Fiber: 0.44g (1.76%), Vitamin B2: 0.03mg (1.74%), Vitamin B3: 0.32mg (1.61%), Potassium: 48.32mg (1.38%), Calcium: 10.5mg (1.05%)