



Chocolate Gingerbread Men

 Vegetarian

READY IN



130 min.

SERVINGS



40

CALORIES



111 kcal

DESSERT

Ingredients

- ☐ 4 ounces ghirardelli bittersweet chocolate baking bar 60%
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 0.5 cup ghirardelli cocoa unsweetened
- ☐ 1 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar white
- ☐ 2 tablespoons ground cinnamon

- ☐ 0.5 teaspoon ground cloves
- ☐ 2 tablespoons ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup butter unsalted at room temperature

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ double boiler
- ☐ hand mixer
- ☐ cookie cutter
- ☐ spatula

Directions

- ☐ Melt the chocolate in the top of a double boiler or in a heatproof bowl over simmering water, stirring occasionally until smooth. Set aside to cool.
- ☐ In a large bowl, sift together the flour, cocoa, baking soda, and salt. Set aside. In a large bowl with an electric mixer on medium speed, beat the butter, brown sugar, white sugar, ginger, cinnamon, cloves, and nutmeg until the mixture is light and fluffy, about 2 minutes.
- ☐ Add the molasses, egg, and melted chocolate and continue beating on medium speed for an additional 2 minutes. On low speed, slowly add the dry ingredients and mix just until combined.
- ☐ Transfer the dough to a flat surface and flatten into a disk. Cover with plastic wrap and chill in the refrigerator for at least 1 hour, or up to 5 days.

- ☐
- Preheat the oven to 350 degrees F. Line two cookie sheets with parchment paper.
- ☐
- Divide the chilled dough into four equal quarters, leaving three quarters in the refrigerator. Lightly flour a flat work surface and roll out one piece of dough to a thickness of about 1/8 inch. Using a small (2 to 2 1/2 -inch) gingerbread man or woman cookie cutter, cut out as many cookies as possible.
- ☐
- Place the cookies on the prepared cookie sheets, about 1 inch apart. Gather all the dough scraps into a ball and place in the refrigerator. Take out another quarter of the dough, and continue rolling out the dough and cutting cookies until all the dough has been used.
- ☐
- Bake the cookies for 8 to 10 minutes until slightly raised. Using a spatula, remove the cookies from the cookie sheets, transferring to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:7.62, Inflammation Score:-2, Nutrition Score:3.8978261178278%

Flavonoids

Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg Epicatechin: 6.13mg, Epicatechin: 6.13mg, Epicatechin: 6.13mg, Epicatechin: 6.13mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 111.23kcal (5.56%), Fat: 5.33g (8.19%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 14.54g (5.29%), Sugar: 6.83g (7.59%), Cholesterol: 13.8mg (4.6%), Sodium: 46.98mg (2.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.74mg (1.58%), Protein: 1.78g (3.56%), Manganese: 0.43mg (21.32%), Copper: 0.16mg (8.1%), Iron: 1.31mg (7.26%), Selenium: 4.56µg (6.52%), Magnesium: 23.14mg (5.78%), Fiber: 1.38g (5.52%), Vitamin B1: 0.08mg (5.36%), Folate: 19.11µg (4.78%), Vitamin B2: 0.06mg (3.53%), Phosphorus: 34.34mg (3.43%), Vitamin B3: 0.67mg (3.35%), Zinc: 0.46mg (3.04%), Potassium: 92.43mg (2.64%), Vitamin A: 114.42IU (2.29%), Calcium: 18.48mg (1.85%), Vitamin B6: 0.03mg (1.3%)