



Christmas Ornament Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



155 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.7 cup brown sugar packed
- 0.3 cup butter
- 2 cups confectioners' sugar sifted
- 1 eggs
- 2.8 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger

- 0.5 teaspoon ground nutmeg
- 1 tablespoon milk
- 0.3 cup blackstrap molasses
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- oven
- pastry bag

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Cream 1/2 cup of butter or margarine.
- Add brown sugar and beat. Beat in egg and molasses. In a separate bowl, combine 2 3/4 cups of flour, soda and spices.
- Add to butter mixture. Blend well.
- Roll dough out 1/8 inch thick on floured surface.
- Cut into shapes.
- Bake for 6-8 minutes.
- To Make Frosting: Cream 1/3 cup butter. Gradually add 2 cups sifted confectioners sugar, 1 tablespoon milk and 1/2 teaspoon vanilla. Beat until smooth. Put in a pastry bag with small tip and decorate cookies.

Nutrition Facts



PROTEIN 4.57% **FAT 16.82%** **CARBS 78.61%**

Properties

Glycemic Index:11.75, Glycemic Load:9.47, Inflammation Score:-2, Nutrition Score:3.2278261110996%

Nutrients (% of daily need)

Calories: 154.58kcal (7.73%), Fat: 2.92g (4.49%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 30.17g (10.97%), Sugar: 19.31g (21.46%), Cholesterol: 13.67mg (4.56%), Sodium: 72.7mg (3.16%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.78g (3.56%), Manganese: 0.23mg (11.62%), Selenium: 6.48µg (9.26%), Vitamin B1: 0.12mg (7.72%), Folate: 27.28µg (6.82%), Iron: 1mg (5.55%), Vitamin B2: 0.08mg (4.9%), Vitamin B3: 0.91mg (4.55%), Magnesium: 15.75mg (3.94%), Potassium: 98.3mg (2.81%), Copper: 0.05mg (2.49%), Phosphorus: 22.52mg (2.25%), Vitamin B6: 0.04mg (2.23%), Calcium: 21.32mg (2.13%), Fiber: 0.5g (1.98%), Vitamin A: 90.26IU (1.81%), Vitamin B5: 0.14mg (1.43%), Zinc: 0.15mg (1.02%)