



WHATSheATE



Classic Gingerbread Man Cookies



Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



173 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 oz cinnamon red
- ☐ 1 pouch basic cookie mix (1 lb 1.5 oz)
- ☐ 1 eggs
- ☐ 0.5 container fluffy frosting white (1-lb size)
- ☐ 1 tablespoon water

Equipment

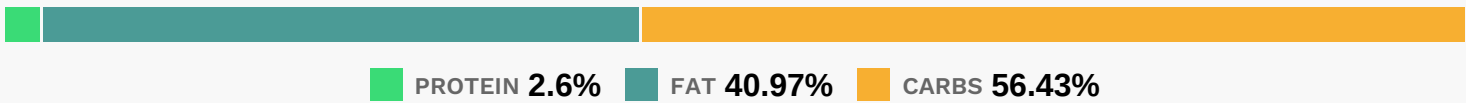
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Heat oven to 375F. In medium bowl, stir cookie mix, butter, water and egg until soft dough forms.
- ☐ On lightly floured surface, roll dough to 1/4-inch thickness.
- ☐ Cut with 2 1/2-inch gingerbread man cookie cutter. On ungreased cookie sheets, place cutouts 2 inches apart.
- ☐ Bake 8 to 10 minutes or until edges are set. Cool 1 minute; remove from cookie sheets to cooling racks. Cool completely, about 15 minutes.
- ☐ Spoon frosting into decorating bag fitted with round tip. Pipe frosting on cookies. Decorate with cinnamon decors.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:2.84, Inflammation Score:-1, Nutrition Score:2.1791304327224%

Nutrients (% of daily need)

Calories: 172.59kcal (8.63%), Fat: 7.82g (12.03%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 22.44g (8.16%), Sugar: 15.87g (17.63%), Cholesterol: 6.82mg (2.27%), Sodium: 86.88mg (3.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Manganese: 0.41mg (20.66%), Fiber: 1.78g (7.12%), Vitamin A: 186.03IU (3.72%), Vitamin B2: 0.05mg (2.7%), Calcium: 26.42mg (2.64%), Vitamin E: 0.37mg (2.45%), Vitamin K: 1.99µg (1.9%), Iron: 0.32mg (1.77%)