



## Easy Gingerbread Man Cookies

 Gluten Free  Low Fod Map

READY IN



75 min.

SERVINGS



24

CALORIES



192 kcal

### Ingredients

- 17.5 oz betty limited edition gingerbread cookie mix
- 0.5 cup butter softened
- 1 tablespoon water
- 1 eggs
- 16 oz vanilla frosting white
- 2 oz cinnamon red

### Equipment

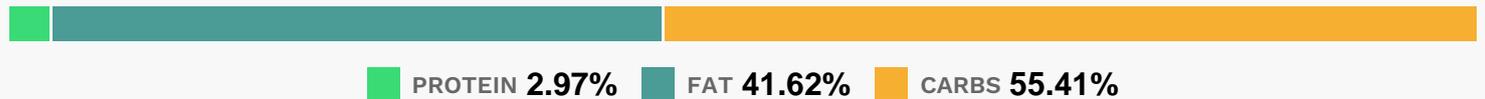
- bowl
- baking sheet

- oven
- cookie cutter

## Directions

- Heat oven to 375°F. 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:4.08, Glycemic Load:5.55, Inflammation Score:-3, Nutrition Score:9.9569565012403%

## Nutrients (% of daily need)

Calories: 192.06kcal (9.6%), Fat: 9.71g (14.93%), Saturated Fat: 4.41g (27.55%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 24.76g (9%), Sugar: 13.59g (15.1%), Cholesterol: 16.99mg (5.66%), Sodium: 78.8mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Manganese: 3.69mg (184.42%), Iron: 4.33mg (24.08%), Fiber: 4.31g (17.26%), Calcium: 167.4mg (16.74%), Vitamin K: 9.4µg (8.95%), Magnesium: 30.04mg (7.51%), Vitamin C: 4.93mg (5.97%), Vitamin E: 0.87mg (5.81%), Vitamin B2: 0.1mg (5.67%), Copper: 0.11mg (5.47%), Potassium: 157.33mg (4.5%), Vitamin B6: 0.09mg (4.48%), Zinc: 0.57mg (3.83%), Vitamin A: 189IU (3.78%), Selenium: 2.62µg (3.75%), Phosphorus: 34.07mg (3.41%), Vitamin B3: 0.54mg (2.7%), Vitamin B1: 0.03mg (2.03%), Folate: 7.62µg (1.9%)