



## Frosted Ginger Cutouts

 Dairy Free

READY IN



200 min.

SERVINGS



36

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.8 teaspoon double-acting baking powder
- 1.5 teaspoons baking soda
- 3 cups flour all-purpose gold medal®
- 1 envelope gelatin powder unflavored
- 0.5 teaspoon ginger
- 1 cup blackstrap molasses
- 0.3 teaspoon nutmeg
- 0.8 cup powdered sugar

- 0.5 teaspoon salt
- 1 cup shortening
- 0.8 cup sugar
- 1 teaspoon vanilla
- 0.8 cup water

## Equipment

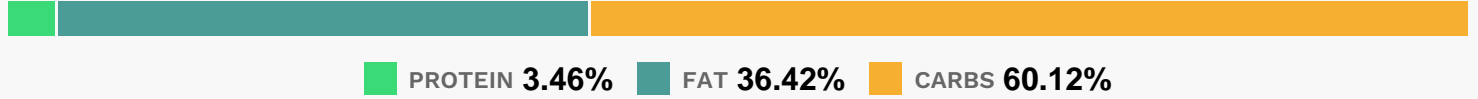
- bowl
- baking sheet
- sauce pan
- oven
- plastic wrap
- hand mixer
- cookie cutter
- candy thermometer

## Directions

- In large bowl, combine shortening and molasses; blend well.
- Add all remaining cookie ingredients; mix well. Cover with plastic wrap; refrigerate at least 2 hours for easier handling.
- Heat oven to 350°F. On well-floured surface, roll dough to 1/4-inch thickness.
- Cut with floured 2 1/2-inch round cookie cutter.
- Place 1 inch apart on ungreased cookie sheets.
- Bake at 350°F. for 6 to 9 minutes or until set. Cool 1 minute; remove from cookie sheets. Cool 10 minutes or until completely cooled.
- In 2-quart saucepan, combine water and gelatin; let stand 5 minutes. Stir in sugar; bring to a full rolling boil. Reduce heat to medium; simmer 10 minutes without stirring. Temperature should read 220°F. on candy thermometer.
- Remove from heat.
- Add powdered sugar; beat with electric mixer at low speed until foamy.

- Add baking powder and vanilla; beat on low speed for 5 minutes or until glossy and of spreading consistency.
- Spread frosting on underside of each cookie to within 1/8 inch of edges. If desired, decorate cookies.
- Let stand until frosting is set before storing, about 2 hours.

## Nutrition Facts



### Properties

Glycemic Index:10.17, Glycemic Load:11.76, Inflammation Score:-2, Nutrition Score:3.0865217317706%

### Nutrients (% of daily need)

Calories: 142.28kcal (7.11%), Fat: 5.82g (8.96%), Saturated Fat: 1.45g (9.03%), Carbohydrates: 21.64g (7.21%), Net Carbohydrates: 21.35g (7.76%), Sugar: 13.64g (15.16%), Cholesterol: 0mg (0%), Sodium: 91.37mg (3.97%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 1.24g (2.49%), Manganese: 0.22mg (10.78%), Selenium: 5.32µg (7.59%), Magnesium: 25.11mg (6.28%), Vitamin B1: 0.09mg (5.79%), Iron: 0.95mg (5.25%), Folate: 19.13µg (4.78%), Potassium: 148.33mg (4.24%), Vitamin B3: 0.7mg (3.52%), Vitamin B6: 0.07mg (3.37%), Copper: 0.07mg (3.32%), Vitamin B2: 0.05mg (3.15%), Vitamin K: 3.06µg (2.91%), Calcium: 26.09mg (2.61%), Vitamin E: 0.36mg (2.37%), Phosphorus: 16.1mg (1.61%), Vitamin B5: 0.16mg (1.6%), Fiber: 0.28g (1.14%)