



## Ginger Frankenstein Cookies

READY IN



140 min.

SERVINGS



36

CALORIES



231 kcal

DESSERT

## Ingredients

- ☐ 1.5 cups sugar
- ☐ 1 cup butter softened
- ☐ 3 tablespoons blackstrap molasses light ()
- ☐ 1 eggs
- ☐ 2 tablespoons milk
- ☐ 3.3 cups flour all-purpose
- ☐ 2 teaspoons baking soda
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 teaspoons ground ginger

- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground cardamom
- ☐ 16 oz vanilla frosting
- ☐ 5 drops drop natural food coloring green
- ☐ 0.3 cup m&m candies (72 candies)
- ☐ 0.8 cup candy corn (72 candies)
- ☐ 1 cup semi chocolate chips

## Equipment

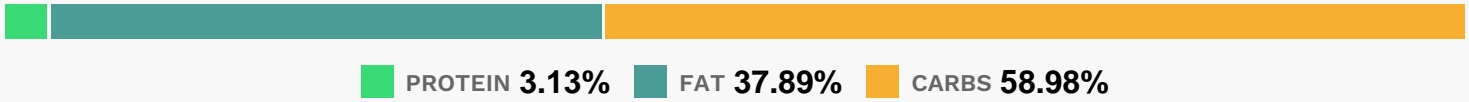
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ ziploc bags
- ☐ microwave

## Directions

- ☐ In large bowl, beat sugar, butter and molasses with electric mixer on medium speed until well blended. Beat in egg and milk. Stir in flour, baking soda, cinnamon, ginger, cloves and cardamom until dough forms. Divide dough into 2 balls; flatten each ball to make 4-inch disk. Wrap each disk in plastic wrap; refrigerate about 1 hour or until firm, or freeze 15 minutes.
- ☐ Heat oven to 350°F. On floured surface, roll each dough disk into 12x9-inch rectangle.
- ☐ Cut each 12x9-inch rectangle into 3 rows by 6 rows to make 18 smaller rectangles (36 total); place 1 inch apart on ungreased large cookie sheet.
- ☐ Bake 6 to 8 minutes or until set. Immediately remove from cookie sheet to cooling rack. Cool completely, 15 to 20 minutes.
- ☐ In small bowl, stir frosting and food color until well blended. Frost each cookie with slightly less than 1 tablespoon frosting.

- ☐
- Add 2 candy-coated candies for eyes and 2 candy corn pieces for neck "bolts."
- ☐
- Place chocolate chips in small resealable freezer plastic bag; seal bag. Microwave on High 30 to 45 seconds or until softened. Squeeze bag until mixture is smooth. (If necessary, microwave 30 seconds longer or just until all chips are melted.)
- ☐
- Cut small tip from one corner of bag. Squeeze bag to drizzle melted chips on cookies for hair and mouth.

## Nutrition Facts



## Properties

Glycemic Index:7.78, Glycemic Load:16.29, Inflammation Score:-3, Nutrition Score:3.4934782829622%

## Nutrients (% of daily need)

Calories: 230.92kcal (11.55%), Fat: 9.77g (15.04%), Saturated Fat: 2.88g (18.02%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 33.38g (12.14%), Sugar: 23.66g (26.28%), Cholesterol: 5.24mg (1.75%), Sodium: 158.12mg (6.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 1.82g (3.64%), Manganese: 0.24mg (12.05%), Selenium: 5.05µg (7.21%), Vitamin B2: 0.11mg (6.31%), Vitamin B1: 0.09mg (6.26%), Iron: 1.02mg (5.67%), Folate: 22.32µg (5.58%), Vitamin A: 240.71IU (4.81%), Copper: 0.09mg (4.46%), Magnesium: 16.26mg (4.06%), Vitamin B3: 0.76mg (3.82%), Fiber: 0.84g (3.38%), Phosphorus: 32.97mg (3.3%), Vitamin E: 0.44mg (2.95%), Potassium: 76.97mg (2.2%), Vitamin K: 2.11µg (2.01%), Zinc: 0.25mg (1.69%), Calcium: 16mg (1.6%), Vitamin B5: 0.11mg (1.13%), Vitamin B6: 0.02mg (1.09%)