



Ginger-Orange Stars

 Vegetarian

READY IN



45 min.

SERVINGS



42

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups flour
- ☐ 0.5 teaspoon baking soda
- ☐ 1 large egg yolk
- ☐ 0.5 cup brown sugar packed ()
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 0.3 teaspoon nutmeg

- ☐ 0.3 cup blackstrap molasses dark ()
- ☐ 1 tablespoon orange zest grated
- ☐ 1.5 cups powdered sugar ()
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 5 teaspoons water

Equipment

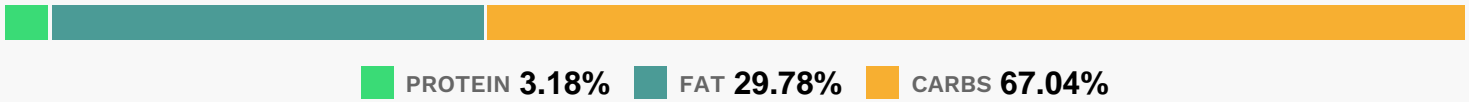
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ ziploc bags
- ☐ spatula
- ☐ pastry bag

Directions

- ☐ Sift first 7 ingredients into medium bowl. Using electric mixer, beat butter in large bowl until fluffy.
- ☐ Add sugar and beat until well blended. Beat in molasses, egg yolk, orange peel, and vanilla.
- ☐ Add flour mixture and beat just until blended. Gather dough into ball. Divide into 4 pieces. Flatten each into disk. Wrap each in plastic and chill until cold and firm, at least 4 hours.
- ☐ Position racks in top third and bottom third of oven and preheat to 350°F. Line 2 baking sheets with parchment paper.
- ☐ Roll out 1 piece of dough on lightly floured surface to 1/4-inch thickness. Using 2 1/2- to 3-inch star-shaped cutter, cut out cookies.

- ☐ Transfer cookies to prepared sheets, spacing 1/2 inch apart (cookies spread very little).Gather scraps and reroll dough, cutting out more cookies.
- ☐ Bake cookies 5 minutes. Reverse baking sheets; bake until cookies are puffed and look slightly darker around edges, about 5 minutes longer. Cool cookies on sheets 2 minutes. Using thin metal spatula, transfer cookies to racks; cool. Repeat with remaining dough pieces.
- ☐ Sift 1 1/2 cups sugar into medium bowl.
- ☐ Add 5 teaspoons water and vanilla; whisk until smooth.
- ☐ Whisk in more sugar by tablespoonfuls, if necessary, until icing falls thickly off whisk. Spoon icing into pastry bag fitted with 1/16-inch plain round tip or resealable plastic bag (cut tip off bag). Pipe icing onto cookies.
- ☐ Let stand until icing is hard, at least 3 hours. (Can be made 2 days ahead. Store airtight between sheets of waxed paper.)

Nutrition Facts



Properties

Glycemic Index:4.62, Glycemic Load:3.13, Inflammation Score:-1, Nutrition Score:1.2895652295455%

Nutrients (% of daily need)

Calories: 70.18kcal (3.51%), Fat: 2.36g (3.62%), Saturated Fat: 1.44g (9%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 11.75g (4.27%), Sugar: 8.26g (9.18%), Cholesterol: 10.18mg (3.39%), Sodium: 29.12mg (1.27%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Protein: 0.57g (1.13%), Manganese: 0.11mg (5.55%), Selenium: 2.24µg (3.2%), Vitamin B1: 0.04mg (2.47%), Folate: 8.94µg (2.23%), Iron: 0.36mg (2%), Magnesium: 6.47mg (1.62%), Vitamin B2: 0.03mg (1.55%), Vitamin B3: 0.3mg (1.49%), Vitamin A: 74.17IU (1.48%), Potassium: 40.72mg (1.16%)