

Gingerbread Angels

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 cups all purpose flour
- ☐ 2 teaspoons baking soda
- ☐ 3 ounces crystallized ginger coarsely chopped
- ☐ 1 egg white with 1 tablespoon water (for glaze; optional) beaten
- ☐ 2 large eggs
- ☐ 0.5 cup brown sugar packed ()
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 tablespoon ground ginger

- ☐ 0.3 cup mild-flavored molasses light ()
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons orange peel finely grated
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 cup butter unsalted room temperature (2 sticks)

Equipment

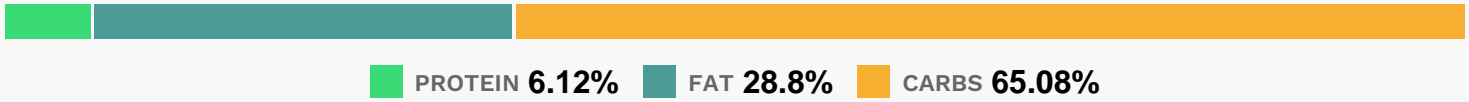
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cookie cutter
- ☐ spatula

Directions

- ☐ Whisk flour, ground ginger, cinnamon, soda, and salt in large bowl.
- ☐ Place crystallized ginger in mini processor; add 1 tablespoon flour mixture and blend until ginger is very finely chopped. Using electric mixer, beat butter in another large bowl until smooth.
- ☐ Add 1 cup sugar and 1/2 cup brown sugar; beat until light and fluffy. Beat in eggs, 1 at a time. Beat in molasses, orange juice, and orange peel (batter may look curdled). Beat in crystallized ginger mixture. Blend in remaining flour-spice mixture. Gather dough together. Flatten into disk. Wrap in plastic; chill at least 4 hours.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven; preheat to 350°F. Line 2 baking sheets with parchment. Divide dough into 4 portions; shape each into round. Chill 3 rounds.
- ☐ Roll out remaining dough round on floured work surface to generous 1/8-inch thickness. Using floured angel-shaped cookie cutter, cut out cookies. Gather dough scraps and reroll to generous 1/8-inch thickness; cut out more cookies. Using spatula, transfer cookies to sheets, spacing 1 inch apart.

- ☐
- Brush cookies withglaze, then sprinkle with raw sugar and/orcolored sugar, if desired.
- ☐
- Bake cookies until golden, reversingsheets after 7 minutes, about 14 minutestotal.
- ☐
- Let stand 2 minutes; transfer to racksto cool. Repeat with remaining dough,cooling baking sheets between batches.DO AHEAD: Can be made 1 week ahead.Store between sheets of waxed paper inairtight container.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:8.12, Inflammation Score:-1, Nutrition Score:2.0752174089784%

Flavonoids

Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 87.36kcal (4.37%), Fat: 2.81g (4.32%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 13.92g (5.06%), Sugar: 6.14g (6.82%), Cholesterol: 11.95mg (3.98%), Sodium: 67.03mg (2.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Manganese: 0.13mg (6.67%), Selenium: 4.36µg (6.23%), Vitamin B1: 0.08mg (5.59%), Folate: 20.13µg (5.03%), Vitamin B2: 0.06mg (3.63%), Iron: 0.6mg (3.34%), Vitamin B3: 0.64mg (3.21%), Vitamin A: 88.59IU (1.77%), Phosphorus: 15.59mg (1.56%), Magnesium: 5.86mg (1.46%), Fiber: 0.36g (1.43%), Copper: 0.02mg (1.22%), Potassium: 36.91mg (1.05%)