



## Gingerbread Babies

 Vegetarian

READY IN



45 min.

SERVINGS



100

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.8 cup butter softened
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 cup blackstrap molasses dark
- ☐ 1 eggs
- ☐ 2.7 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 2 teaspoons ground ginger

- ☐ 0.5 teaspoon nutmeg
- ☐ 0.3 teaspoon salt

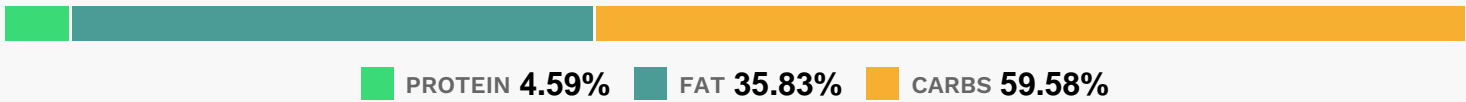
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

## Directions

- ☐ In a large bowl, blend together butter and brown sugar until fluffy.
- ☐ Add egg and molasses.
- ☐ In a seperate bowl, combine remaining ingredients; gradually stir into butter mixture. Turn dough out onto well-floured surface; roll out to 1/8-inch thickness.
- ☐ Cut dough with a 2-inch gingerbread man cookie cutter.
- ☐ Place on a greased baking sheet.
- ☐ Bake at 350 for 9 to 10 minutes, or until firm.

## Nutrition Facts



## Properties

Glycemic Index:2.59, Glycemic Load:2.4, Inflammation Score:-1, Nutrition Score:0.87478260461079%

## Nutrients (% of daily need)

Calories: 36.36kcal (1.82%), Fat: 1.46g (2.25%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 5.37g (1.95%), Sugar: 2.88g (3.19%), Cholesterol: 5.3mg (1.77%), Sodium: 18.56mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Manganese: 0.07mg (3.27%), Selenium: 1.62µg (2.32%), Vitamin B1: 0.03mg (1.81%), Folate: 6.39µg (1.6%), Iron: 0.26mg (1.47%), Magnesium: 5.17mg (1.29%), Vitamin B2: 0.02mg (1.13%), Vitamin B3: 0.22mg (1.1%)