



Gingerbread Boys

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons baking soda
- 1 cup butter
- 1 large eggs
- 5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 tablespoon ground ginger
- 1 cup blackstrap molasses

- 0.5 teaspoon salt
- 1 cup sugar
- 2 tablespoons vinegar white

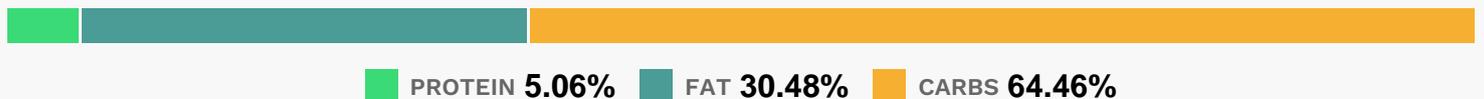
Equipment

- frying pan
- baking sheet
- baking paper
- oven
- hand mixer
- cookie cutter

Directions

- Beat butter at medium speed with an electric mixer until creamy; gradually add sugar and salt, beating well.
- Add molasses, vinegar, and egg, beating at low speed just until blended.
- Combine flour and next 4 ingredients; add to butter mixture, beating at low speed until blended. Cover and chill 8 hours.
- Divide dough into fourths.
- Roll each portion to a 1/8-inch thickness on a floured surface.
- Cut with a 3-inch gingerbread-boy cookie cutter.
- Place on lightly greased or parchment paper-lined baking sheets.
- Bake at 375 for 8 minutes. Cool on pans 1 minute (this allows cookies to lift easily off of pan); then place on wire racks to cool. Decorate as desired.

Nutrition Facts



Properties

Glycemic Index:4.08, Glycemic Load:8.27, Inflammation Score:-1, Nutrition Score:2.1765217418256%

Nutrients (% of daily need)

Calories: 79.92kcal (4%), Fat: 2.73g (4.2%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 12.72g (4.62%), Sugar: 6.3g (7%), Cholesterol: 9.36mg (3.12%), Sodium: 62.25mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Manganese: 0.18mg (8.8%), Selenium: 4.08µg (5.83%), Vitamin B1: 0.07mg (4.71%), Folate: 16.32µg (4.08%), Iron: 0.66mg (3.65%), Magnesium: 13.63mg (3.41%), Vitamin B3: 0.57mg (2.83%), Vitamin B2: 0.05mg (2.82%), Potassium: 80.73mg (2.31%), Vitamin B6: 0.04mg (1.85%), Copper: 0.04mg (1.83%), Vitamin A: 82.69IU (1.65%), Phosphorus: 13.14mg (1.31%), Calcium: 12.64mg (1.26%), Fiber: 0.27g (1.07%)