



Gingerbread Boys and Girls

READY IN



120 min.

SERVINGS



18

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons baking soda
- 1 stick butter softened
- 1 cup confectioners' sugar sifted
- 0.8 cup brown sugar dark packed
- 2 large eggs
- 3.8 cups flour for dusting all-purpose plus more work surface
- 18 servings food coloring
- 0.5 teaspoon ground cinnamon
- 2 teaspoons ground ginger

- 1 tablespoons milk
- 0.3 cup blackstrap molasses
- 0.5 teaspoon nutmeg freshly grated
- 0.5 teaspoon salt

Equipment

- bowl
- baking sheet
- baking paper
- oven
- plastic wrap
- hand mixer
- cookie cutter
- spatula

Directions

- Using an electric mixer at low speed, cream the sugar and butter until thoroughly combined.
- Add the eggs and molasses and mix until combined. Sift together the flour, ginger, baking soda, cinnamon, nutmeg, and salt.
- Add the dry ingredients to the butter mixture and combine with a spoon or spatula.
- Remove the dough from the bowl and wrap in plastic wrap; place in the refrigerator until firm, about 1 hour.
- Preheat the oven to 350 degrees F.
- Line cookie sheets with parchment paper. Allow the dough to sit at room temperature for about 15 minutes, until pliable. Take about 1/2 cup of dough at a time and roll onto a floured board until about 1/8-inch thick.
- Cut out with gingerbread boy and girl cookie cutters. You can re-roll the scraps. Using a spatula, transfer the cookies from the board to the prepared cookie sheets.
- Bake for 10 minutes, until just beginning to brown at the edges.
- Transfer to wire racks to cool.

- To make the icing, combine the confectioners' sugar and milk. Divide the mixture into thirds; leave 1/3 white, and color 1/3 green and the final third red. Decorate piping eyes, mouths, buttons, and bow ties.

Nutrition Facts

 **PROTEIN 6.25%**  **FAT 23.63%**  **CARBS 70.12%**

Properties

Glycemic Index:12.89, Glycemic Load:15.94, Inflammation Score:-4, Nutrition Score:5.457391316638%

Nutrients (% of daily need)

Calories: 223.89kcal (11.19%), Fat: 5.9g (9.08%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 39.38g (13.13%), Net Carbohydrates: 38.61g (14.04%), Sugar: 19.06g (21.18%), Cholesterol: 20.77mg (6.92%), Sodium: 228.23mg (9.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Manganese: 0.34mg (17.12%), Selenium: 11.66µg (16.66%), Vitamin B1: 0.21mg (14%), Folate: 50.5µg (12.62%), Vitamin B2: 0.16mg (9.37%), Iron: 1.65mg (9.15%), Vitamin B3: 1.62mg (8.1%), Vitamin A: 256.19IU (5.12%), Magnesium: 19.45mg (4.86%), Phosphorus: 43.76mg (4.38%), Copper: 0.07mg (3.55%), Potassium: 123.46mg (3.53%), Fiber: 0.78g (3.1%), Vitamin B6: 0.06mg (2.93%), Calcium: 28.15mg (2.81%), Vitamin B5: 0.26mg (2.59%), Zinc: 0.28mg (1.9%), Vitamin E: 0.27mg (1.8%)