




Gingerbread Cookie Mix in a Jar

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



20 min.

SERVINGS



18

CALORIES



86 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 1.5 cups flour all-purpose
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 2 teaspoons ground ginger

Equipment

- baking sheet
- oven
- mixing bowl
- cookie cutter
- canning jar

Directions

- Mix 2 cups of the flour with the baking soda and baking powder.
- Mix the remaining 1 1/2 cups flour with the ginger, cloves, cinnamon, and allspice. In a 1 quart, wide mouth canning jar, layer the ingredients starting with the flour and baking powder mixture, then the brown sugar, and finally the flour and spice mixture. Pack firmly between layers.
- Attach a card to the jar with the following directions: Gingerbread Cookies
- Empty contents of jar into a large mixing bowl. Stir to blend together.
- Mix in 1/2 cup softened butter or margarine, 3/4 cup molasses, and 1 slightly beaten egg. Dough will be very stiff, so you may need to use your hands. Cover, and refrigerate for 1 hour.
- Preheat oven to 350 degrees F (175 degrees C).
- Roll dough to 1/4 inch thick on a lightly floured surface.
- Cut into shapes with a cookie cutter.
- Place cookies on a lightly greased cookie sheet about 2 inches apart.
- Bake for 10 to 12 minutes in preheated oven. Decorate as desired.

Nutrition Facts



PROTEIN 5.17% **FAT 1.41%** **CARBS 93.42%**

Properties

Glycemic Index:10.39, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:2.1573912951609%

Nutrients (% of daily need)

Calories: 86.09kcal (4.3%), Fat: 0.14g (0.21%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 20.4g (6.8%), Net Carbohydrates: 19.97g (7.26%), Sugar: 11.9g (13.22%), Cholesterol: 0mg (0%), Sodium: 88.45mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Manganese: 0.24mg (12.12%), Vitamin B1: 0.08mg (5.48%), Selenium: 3.82µg (5.45%), Folate: 19.29µg (4.82%), Iron: 0.67mg (3.72%), Vitamin B3: 0.66mg (3.28%), Vitamin B2: 0.05mg (3.07%), Calcium: 27.57mg (2.76%), Fiber: 0.43g (1.73%), Phosphorus: 17.29mg (1.73%), Copper: 0.02mg (1.16%), Magnesium: 4.43mg (1.11%)