



Gingerbread Cookies

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



72 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup firmly brown sugar packed
- 1 large eggs
- 2.8 cups flour all-purpose
- 1 tablespoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 tablespoon ground ginger
- 0.8 cup blackstrap molasses

- 0.5 cup salad oil
- 0.5 teaspoon salt

Equipment

- bowl
- baking sheet
- oven
- blender
- plastic wrap
- rolling pin

Directions

- In a large bowl, with a mixer on medium speed, beat molasses, oil, brown sugar, and egg until well blended.
- In a medium bowl, mix 2 3/4 cups flour, salt, baking powder, cinnamon, ginger, and cloves. Stir into molasses mixture, then beat until well blended. Divide dough in half, gather each half into a ball, then flatten into a disk. Wrap each disk in plastic wrap and freeze until firm, about 1 hour.
- Unwrap dough. On a lightly floured surface, with a floured rolling pin, roll one disk at a time to about 1/4 inch thick. With floured 3- to 4-inch cutters, cut out cookies.
- Place about 1 inch apart on buttered 12- by 15-inch baking sheets. Gather excess dough into a ball, reroll, and cut out remaining cookies.
- Bake cookies in a 350 regular or convection oven until edges begin to brown slightly, 8 to 10 minutes; if baking two sheets at once in one oven, switch their positions halfway through baking.
- Let cookies cool on sheets for 5 minutes, then transfer to racks to cool completely. Pipe Powdered Sugar Icing over cookies as desired.
- Powdered Sugar Icing: In a bowl, stir 2 cups powdered sugar, 1 1/2 tablespoons water, and 1/2 teaspoon vanilla until smooth. Tint to desired color by stirring in food coloring, a drop or two at a time. If icing is too thick to work with, stir in more water, a few drops at a time; if too thin, stir in more powdered sugar. Makes 2/3 cup.

Nutrition Facts

■ PROTEIN **6.57%** ■ FAT **10.8%** ■ CARBS **82.63%**

Properties

Glycemic Index:6, Glycemic Load:7.67, Inflammation Score:-1, Nutrition Score:2.9582608961703%

Nutrients (% of daily need)

Calories: 71.61kcal (3.58%), Fat: 0.87g (1.33%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 14.52g (5.28%), Sugar: 7.26g (8.07%), Cholesterol: 5.17mg (1.72%), Sodium: 73.1mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Manganese: 0.28mg (13.81%), Selenium: 5.02µg (7.18%), Vitamin B1: 0.08mg (5.24%), Magnesium: 20.03mg (5.01%), Iron: 0.9mg (5%), Folate: 18.19µg (4.55%), Calcium: 40.46mg (4.05%), Potassium: 120.49mg (3.44%), Vitamin B3: 0.65mg (3.25%), Vitamin B2: 0.05mg (3.18%), Vitamin B6: 0.06mg (2.79%), Copper: 0.05mg (2.57%), Phosphorus: 23.03mg (2.3%), Fiber: 0.41g (1.62%), Vitamin B5: 0.12mg (1.24%)