



Gingerbread Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



87 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 large eggs
- 2.8 cups flour all-purpose plus more for the work surface
- 0.3 teaspoon ground cloves
- 1.3 teaspoons ground ginger
- 0.3 teaspoon kosher salt
- 0.5 cup blackstrap molasses

- 0.7 cup sugar
- 8 tablespoons butter unsalted at room temperature (1 stick)

Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Heat oven to 350 F. Beat the butter and sugar in the bowl of an electric mixer on medium-high until smooth.
- Add the molasses and egg and beat until fluffy, about 2 minutes. Reduce speed to low.
- Combine the flour, baking soda, ginger, cinnamon, cloves, and salt, then add slowly to the butter mixture, mixing until just incorporated. Shape into a flat disk. Refrigerate, wrapped, for 30 minutes.
- Roll out the dough on a floured surface to 1/4 inch thick.
- Cut into shapes and place on lined baking sheets.
- Bake 10 to 12 minutes, until firm. Cool slightly on the sheets before transferring to cooling racks.

Nutrition Facts



Properties

Glycemic Index:5.39, Glycemic Load:9.4, Inflammation Score:-2, Nutrition Score:2.3682608656261%

Nutrients (% of daily need)

Calories: 87.29kcal (4.36%), Fat: 2.77g (4.26%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 14.29g (5.19%), Sugar: 7.23g (8.03%), Cholesterol: 11.86mg (3.95%), Sodium: 35.69mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Manganese: 0.18mg (8.93%), Selenium: 4.59µg (6.56%), Vitamin B1: 0.08mg (5.18%), Folate: 18.24µg (4.56%), Iron: 0.71mg (3.95%), Magnesium: 13.87mg (3.47%),

Vitamin B2: 0.06mg (3.27%), Vitamin B3: 0.62mg (3.09%), Potassium: 82.59mg (2.36%), Copper: 0.04mg (1.94%),
Vitamin B6: 0.04mg (1.93%), Vitamin A: 85.45IU (1.71%), Phosphorus: 15.43mg (1.54%), Calcium: 13.32mg (1.33%),
Fiber: 0.3g (1.21%), Vitamin B5: 0.1mg (1.05%)