



Gingerbread Cookies

 Vegetarian

READY IN



120 min.

SERVINGS



60

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon allspice
- ☐ 6 tablespoons double-acting baking powder
- ☐ 5 tablespoons butter
- ☐ 2 teaspoons cinnamon
- ☐ 2 eggs
- ☐ 6 cups flour all-purpose for kneading
- ☐ 1 tablespoon ginger
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.8 cup honey
- ☐ 2 juice of lemon
- ☐ 1 lemon zest
- ☐ 1 orange zest
- ☐ 1 pinch salt
- ☐ 1.8 cups sugar

Equipment

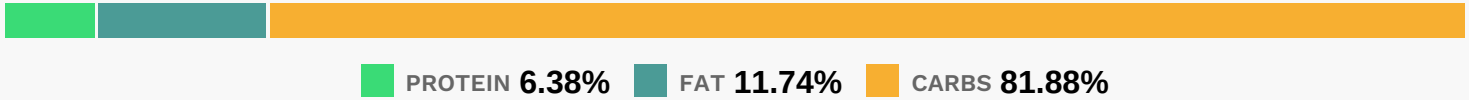
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ cookie cutter
- ☐ rolling pin

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 325 degrees F.
- ☐ Sift the flour, baking powder, spices and salt together in a large bowl, and set aside.
- ☐ In a small saucepan combine the butter, honey, sugar, lemon juice and the lemon and orange zest. Bring this to medium heat and cook until the butter has melted and the sugar has dissolved.
- ☐ Let cool to about room temperature and beat in the eggs.
- ☐ Make a well in the flour/spice mixture and add the egg/sugar mixture to the well. Using a fork, begin to gradually incorporate the flour into the egg mixture. When the flour has mostly been incorporated, turn the mixture out onto a clean work surface and gently knead until the mixture is smooth and homogenous. Knead in a little more flour if the dough seems sticky. Chill dough for 1 hour or overnight.

- ☐
- Using a rolling pin, roll the dough to an even thickness of about 1/4-inch.
- ☐
- Cut into desired shapes with cookie cutters.
- ☐
- Place on a lightly greased or parchment-lined cookie sheet and bake for 20 to 25 minutes or until the cookies are firm and lightly browned.
- ☐
- Let the cookies cool for 3 to 4 minutes and transfer to a cooling rack.
- ☐
- When the cookies are completely cool decorate, as desired.
- ☐
- Cook's Note: If you are planning to hang the cookies, make a hole for the string before baking.

Nutrition Facts



Properties

Glycemic Index:7.41, Glycemic Load:13.1, Inflammation Score:-1, Nutrition Score:2.5417391366285%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 92.77kcal (4.64%), Fat: 1.24g (1.9%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 18.98g (6.9%), Sugar: 9.38g (10.42%), Cholesterol: 7.96mg (2.65%), Sodium: 138.01mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Calcium: 75.18mg (7.52%), Selenium: 4.78µg (6.83%), Vitamin B1: 0.1mg (6.63%), Folate: 23.99µg (6%), Manganese: 0.11mg (5.6%), Phosphorus: 43.41mg (4.34%), Iron: 0.77mg (4.28%), Vitamin B2: 0.07mg (4.24%), Vitamin B3: 0.75mg (3.75%), Fiber: 0.43g (1.72%), Copper: 0.02mg (1.11%)