



Gingerbread Cookies

READY IN



20 min.

SERVINGS



20

CALORIES



190 kcal

DESSERT

Ingredients

- 0.3 teaspoon allspice
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 large eggs at room temperature
- 3 cups flour all-purpose
- 0.3 teaspoon ground cloves
- 2 tablespoons ground ginger
- 0.5 cup brown sugar light packed
- 0.7 cup blackstrap molasses

- 0.3 teaspoon salt
- 8 tablespoons butter unsalted at room temperature (1 stick)
- 0.3 cup shortening at room temperature

Equipment

- bowl
- baking sheet
- oven
- whisk
- plastic wrap
- hand mixer

Directions

- Whisk together flour, baking soda, spices and salt. In a large bowl, using an electric mixer on medium-high speed, cream butter and shortening.
- Add sugar and beat until fluffy, about 3 minutes. Beat in molasses and egg. Scrape sides of bowl, then stir in flour mixture to form a stiff dough. Divide dough in half. Form into 2 disks, wrap in plastic wrap and refrigerate for 4 hours or overnight.
- Preheat oven to 350F; line 2 large baking sheets with parchment.
- Roll out 1 disk of dough on a lightly floured surface to 1/8-inch thickness.
- Cut out cookies with a 3-inch cutter and place 1 inch apart on baking sheet. Gather scraps and reroll to form more cookies. Repeat with remaining dough.
- Bake cookies for 10 to 12 minutes, switching sheets top to bottom and front to back halfway through.
- Let cool for 5 minutes on baking sheets on wire racks.
- Transfer cookies to racks to cool. Repeat with remaining cookies.

Nutrition Facts



PROTEIN 4.92% FAT 35.48% CARBS 59.6%

Properties

Glycemic Index:6.95, Glycemic Load:14.05, Inflammation Score:-3, Nutrition Score:5.4156521877841%

Nutrients (% of daily need)

Calories: 190.16kcal (9.51%), Fat: 7.57g (11.64%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 27.95g (10.16%), Sugar: 13.81g (15.34%), Cholesterol: 21.34mg (7.11%), Sodium: 94.36mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Manganese: 0.5mg (25.2%), Selenium: 9.53µg (13.61%), Vitamin B1: 0.15mg (10.26%), Folate: 35.8µg (8.95%), Iron: 1.6mg (8.88%), Magnesium: 33.45mg (8.36%), Vitamin B3: 1.27mg (6.36%), Vitamin B2: 0.11mg (6.3%), Potassium: 203.73mg (5.82%), Vitamin B6: 0.09mg (4.68%), Copper: 0.09mg (4.5%), Calcium: 35.09mg (3.51%), Phosphorus: 31.2mg (3.12%), Vitamin A: 154.06IU (3.08%), Fiber: 0.64g (2.57%), Vitamin B5: 0.24mg (2.44%), Vitamin E: 0.33mg (2.19%), Vitamin K: 1.89µg (1.8%), Zinc: 0.22mg (1.49%)