



HEALTH SCORE

57%

Gingerbread Cookies

READY IN



32 min.

SERVINGS



1

CALORIES



3803 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

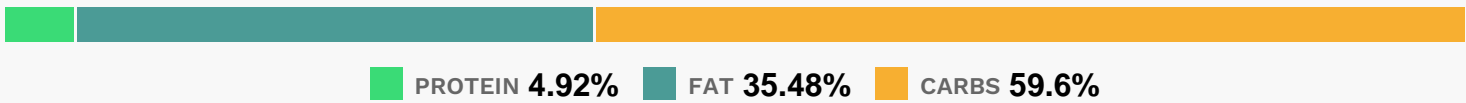
Equipment

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

Directions

- ☐ In a large bowl, whisk together flour, baking soda, spices and salt. In another large bowl, using an electric mixer on medium-high speed, cream together butter and shortening.
- ☐ Add sugar and beat until light and fluffy, about 3 minutes. Beat in molasses and egg. Scrape down 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 up to 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 re-roll to form more cookies. Repeat with remaining dough disk.
- ☐ Bake cookies for 10 to 12 minutes, switching sheets top to bottom and front to back halfway through. Cool cookies on baking sheets on wire racks for 5 minutes, then transfer to racks to cool completely. Repeat with remaining cookies.

Nutrition Facts



Properties

Glycemic Index:139, Glycemic Load:280.94, Inflammation Score:-10, Nutrition Score:65.948696049659%

Nutrients (% of daily need)

Calories: 3803.25kcal (190.16%), Fat: 151.31g (232.78%), Saturated Fat: 72.83g (455.19%), Carbohydrates: 571.79g (190.6%), Net Carbohydrates: 558.91g (203.24%), Sugar: 276.18g (306.87%), Cholesterol: 426.8mg (142.27%), Sodium: 1887.24mg (82.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.16g (94.32%), Manganese: 10.08mg (504%), Selenium: 190.61µg (272.3%), Vitamin B1: 3.08mg (205.2%), Folate: 715.93µg (178.98%), Iron: 31.96mg (177.58%), Magnesium: 668.92mg (167.23%), Vitamin B3: 25.45mg (127.23%), Vitamin B2: 2.14mg (126.05%), Potassium: 4074.62mg (116.42%), Vitamin B6: 1.87mg (93.65%), Copper: 1.8mg (89.98%), Calcium: 701.77mg (70.18%), Phosphorus: 624.09mg (62.41%), Vitamin A: 3081.28IU (61.63%), Fiber: 12.87g (51.5%), Vitamin B5: 4.89mg (48.9%), Vitamin E: 6.58mg (43.87%), Vitamin K: 37.79µg (35.99%), Zinc: 4.47mg (29.83%), Vitamin D: 2.68µg (17.87%), Vitamin B12: 0.64µg (10.59%)