



Gingerbread Cookies

 Vegetarian

READY IN



192 min.

SERVINGS



40

CALORIES



90 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.8 cup butter
- ☐ 1 large eggs
- ☐ 2 teaspoons powdered egg whites
- ☐ 2.5 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground cloves
- ☐ 1 tablespoon ground ginger
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.8 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 tablespoon water

Equipment

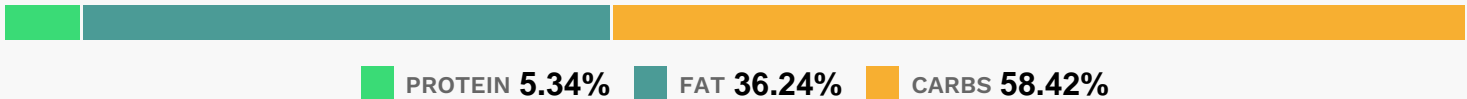
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ toothpicks
- ☐ measuring cup
- ☐ offset spatula

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cookies, weigh or lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, 1/2 teaspoon salt, baking powder, ginger, cinnamon, cloves, and allspice, stirring with a whisk.

- ☐ Place butter and granulated sugar in a large bowl, and beat with a mixer at high speed until light and fluffy.
- ☐ Add egg, and beat until well blended. Beat in molasses and vanilla extract. Reduce mixer speed to low.
- ☐ Add the flour mixture to butter mixture; beat just until combined.
- ☐ Shape dough into a 4-inch round, and cover with plastic wrap. Chill for 1 hour.
- ☐ Roll dough to 1/4-inch thickness on a lightly floured surface.
- ☐ Cut out 40 (2 x 3-inch) cookies, rerolling scraps as necessary.
- ☐ Place cookies 1 inch apart on a baking sheet lined with parchment paper.
- ☐ Bake at 350 for 9 minutes or until lightly browned on bottoms. Cool on a wire rack.
- ☐ To prepare icing, combine powdered sugar, egg white powder, and 1/8 teaspoon salt, stirring well. Gradually add 1 tablespoon water, stirring constantly with a whisk until smooth. Decorate cookies as desired.
- ☐ Sprinkle with sugar, if desired.
- ☐ Let the cookies stand on a cooling rack until icing is completely dry (about 1 hour).
- ☐ Finishing flourishes don't require special equipment. First, flood cookies by spreading thin frosting with a small offset spatula to coat, if desired. Pipe thicker frosting from a zip-top bag to outline. Use a toothpick to make small dots of icing that act as glue for decorative details like sugar pearls.

Nutrition Facts



Properties

Glycemic Index:8.78, Glycemic Load:7.34, Inflammation Score:-1, Nutrition Score:1.9086956560774%

Nutrients (% of daily need)

Calories: 90.47kcal (4.52%), Fat: 3.67g (5.65%), Saturated Fat: 2.24g (14.03%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 13.05g (4.74%), Sugar: 7.17g (7.96%), Cholesterol: 13.8mg (4.6%), Sodium: 72.45mg (3.15%), Alcohol: 0.05g (100%), Alcohol %: 0.3% (100%), Protein: 1.22g (2.43%), Manganese: 0.15mg (7.61%), Selenium: 3.87µg (5.52%), Vitamin B1: 0.06mg (4.2%), Folate: 15.09µg (3.77%), Vitamin B2: 0.05mg (3.15%), Iron: 0.52mg (2.91%), Vitamin B3: 0.5mg (2.5%), Vitamin A: 113.41IU (2.27%), Magnesium: 7.68mg (1.92%), Phosphorus: 13.7mg (1.37%), Potassium: 47.23mg (1.35%), Copper: 0.02mg (1.21%), Fiber: 0.27g (1.07%), Vitamin B6: 0.02mg (1.05%)