

# Gingerbread Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



78

CALORIES



85 kcal

DESSERT

## Ingredients

- 1.3 teaspoons baking soda
- 6 tablespoons butter softened
- 5 cups powdered sugar
- 1 eggs
- 5 tablespoons skim milk fat-free
- 4 cups flour all-purpose
- 78 servings purple gel food coloring assorted
- 1 teaspoon ground cinnamon

- 0.5 teaspoon ground cloves
- 2 teaspoons ground ginger
- 1 cup blackstrap molasses
- 0.3 teaspoon salt
- 1 cup sugar
- 2 tablespoons vinegar white

## Equipment

- bowl
- baking sheet
- oven
- cookie cutter
- spatula
- skewers

## Directions

- In a bowl, beat butter and sugar until crumbly, about 2 minutes. Beat in the molasses, egg and vinegar.
- Combine the flour, ginger, baking soda, cinnamon, cloves and salt; gradually add to the creamed mixture. Cover and refrigerate for 4 hours or until easy to handle (dough will be sticky).
- On a lightly floured surface, roll out dough to 1/8-in. thickness.
- Cut with 4 in. cookie cutters dipped in flour. Using a floured spatula, place cookies 1 in. apart on baking sheets coated with cooking spray.
- Bake at 375° for 5–6 minutes or until set.
- Remove to wire racks to cool.
- For icing, combine confectioners' sugar and milk in bowl.
- Spread over cooled cookies; let dry completely. If desired, combine paste food coloring and a few drops of water; using a fine brush or the blunt end of a wooden skewer, decorate cookies.

## Nutrition Facts

PROTEIN 3.63% FAT 10.53% CARBS 85.84%

## Properties

Glycemic Index:4.2, Glycemic Load:6.77, Inflammation Score:-1, Nutrition Score:1.7234782715854%

## Nutrients (% of daily need)

Calories: 84.86kcal (4.24%), Fat: 1.01g (1.55%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 18.27g (6.64%), Sugar: 13.38g (14.87%), Cholesterol: 4.44mg (1.48%), Sodium: 35.08mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Manganese: 0.14mg (7%), Selenium: 3.24µg (4.63%), Vitamin B1: 0.05mg (3.53%), Magnesium: 12.23mg (3.06%), Folate: 12.06µg (3.01%), Iron: 0.53mg (2.95%), Vitamin B2: 0.04mg (2.24%), Vitamin B3: 0.43mg (2.13%), Potassium: 73.71mg (2.11%), Vitamin B6: 0.03mg (1.69%), Copper: 0.03mg (1.59%), Calcium: 12.19mg (1.22%), Phosphorus: 10.8mg (1.08%)