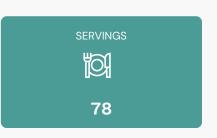


# **Gingerbread Cookies**

Vegetarian







DESSERT

### Ingredients

I.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**

#### **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: Og (100%), Alcohol %: O% (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%)