



Gingerbread Cookies with Royal Icing

READY IN



78 min.

SERVINGS



12

CALORIES



367 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 3 cups confectioners' sugar sifted
- 0.3 cup blackstrap molasses dark
- 1 eggs
- 2 large egg whites
- 0.5 cup flour all-purpose
- 12 servings food coloring
- 0.5 teaspoon ground ginger
- 2 teaspoons juice of lemon fresh

- 2 tablespoons pumpkin pie spice
- 1 package sugar cookie mix
- 1 teaspoon vanilla extract

Equipment

- frying pan
- oven
- mixing bowl
- hand mixer
- cookie cutter

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- In a large mixing bowl, blend all ingredients together and chill for up to 1 hour.
- Roll dough out on floured board about 1/8-inch thick.
- Cut desired shapes with cookie cutters and place onto sheet pan.
- Bake for 8 minutes in preheated oven.
- With a hand mixer, beat the egg whites with the lemon juice or extract until frothy.
- Add the sifted powdered sugar and beat on low speed until combined, smooth, and shiny. Turn to high and beat approximately 5 minutes till stiff and glossy.
- Add food coloring, if desired, and transfer to a pasty bag to pipe onto cookies.

Nutrition Facts



PROTEIN 3.45% FAT 16.16% CARBS 80.39%

Properties

Glycemic Index:14.08, Glycemic Load:5.18, Inflammation Score:-1, Nutrition Score:3.3491304063279%

Nutrients (% of daily need)

Calories: 367.01kcal (18.35%), Fat: 6.61g (10.17%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 74.04g (24.68%), Net Carbohydrates: 73.74g (26.82%), Sugar: 54.04g (60.04%), Cholesterol: 23.81mg (7.94%), Sodium: 166.77mg (7.25%), Alcohol: 0.34g (100%), Alcohol %: 0.43% (100%), Protein: 3.18g (6.36%), Manganese: 0.33mg (16.71%), Selenium: 5.61µg (8.01%), Iron: 1.02mg (5.69%), Vitamin B2: 0.09mg (5.33%), Magnesium: 20.93mg (5.23%), Vitamin B1: 0.07mg (4.8%), Folate: 18.48µg (4.62%), Potassium: 133.05mg (3.8%), Vitamin B6: 0.06mg (3.04%), Vitamin B3: 0.58mg (2.92%), Vitamin A: 140.62IU (2.81%), Copper: 0.05mg (2.68%), Calcium: 26.07mg (2.61%), Phosphorus: 18.4mg (1.84%), Vitamin B5: 0.15mg (1.52%), Fiber: 0.3g (1.2%), Vitamin E: 0.17mg (1.14%)