



Gingerbread Cutouts

 Vegetarian

READY IN



150 min.

SERVINGS



30

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup confectioners' sugar
- ☐ 2.5 cups flour for dusting all-purpose plus more
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup caster sugar
- ☐ 2 sticks butter unsalted at room temperature

Equipment

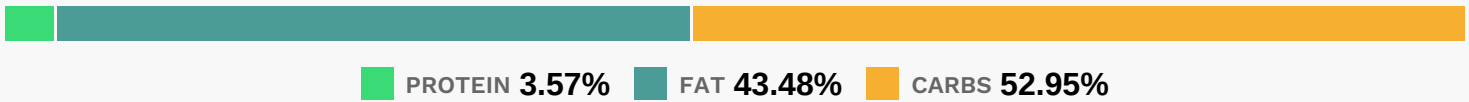
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ ziploc bags

Directions

- ☐ Whisk the flour, ginger, cinnamon, baking soda, allspice, salt and pepper in a medium bowl. Beat the butter, molasses and superfine sugar in a large bowl with a mixer on medium-high speed until light and fluffy, about 3 minutes. Reduce the mixer speed to low; add the flour mixture in 2 batches and beat until just incorporated. Divide the dough in half, wrap in plastic wrap and refrigerate until firm, at least 30 minutes or overnight.
- ☐ Position racks in the upper and lower thirds of the oven and preheat to 375 degrees F. Working with 1 piece of dough at a time, roll out the dough on a lightly floured surface until about 1/8 inch thick.
- ☐ Cut out shapes using 3-inch cookie cutters and arrange on 2 ungreased baking sheets. Gather the scraps and refrigerate until firm; reroll once to cut out more cookies. Refrigerate the cutouts until firm, about 10 minutes.
- ☐ Bake the cookies, switching the position of the pans halfway through, until the edges are just browned and set, 12 to 15 minutes.
- ☐ Let cool 2 minutes on the baking sheets, then transfer to racks to cool completely.
- ☐ Whisk the confectioners' sugar with 1 tablespoon boiling water in a small bowl; add 1 teaspoon water if the icing is too thick.

- ☐
- Transfer to a resealable plastic bag; snip off a small corner and pipe the icing onto the cookies.
- ☐
- Let set, about 30 minutes.
- ☐
- Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:8.04, Glycemic Load:8.54, Inflammation Score:-2, Nutrition Score:2.4030434577523%

Nutrients (% of daily need)

Calories: 127.34kcal (6.37%), Fat: 6.23g (9.58%), Saturated Fat: 3.89g (24.31%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 16.74g (6.09%), Sugar: 8.96g (9.96%), Cholesterol: 16.2mg (5.4%), Sodium: 40.18mg (1.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Manganese: 0.16mg (8.12%), Selenium: 4.35µg (6.22%), Vitamin B1: 0.08mg (5.58%), Folate: 19.31µg (4.83%), Iron: 0.69mg (3.81%), Vitamin A: 188.61IU (3.77%), Vitamin B3: 0.66mg (3.3%), Vitamin B2: 0.06mg (3.26%), Magnesium: 11.73mg (2.93%), Potassium: 69.24mg (1.98%), Copper: 0.04mg (1.78%), Vitamin B6: 0.03mg (1.52%), Phosphorus: 14.41mg (1.44%), Fiber: 0.32g (1.3%), Vitamin E: 0.18mg (1.22%), Calcium: 11.88mg (1.19%)