



## Gingerbread Cutouts

 Dairy Free

READY IN



160 min.

SERVINGS



10

CALORIES



453 kcal

SIDE DISH

## Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup butter softened
- ☐ 1 eggs
- ☐ 3.3 cups flour all-purpose gold medal®
- ☐ 1.5 cups granulated sugar
- ☐ 0.5 teaspoon ground cardamom
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves

- ☐ 1.5 teaspoons ground ginger
- ☐ 3 tablespoons blackstrap molasses
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons water

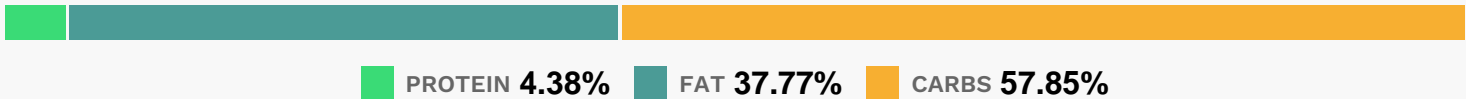
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ cookie cutter

## Directions

- ☐ Beat granulated sugar, butter and molasses in large bowl with electric mixer on medium speed, or mix with spoon, until well mixed. Beat in egg and water until blended. Stir in flour, baking soda, cinnamon, ginger, salt, cardamom and cloves. Cover and refrigerate about 1 hour or until firm.
- ☐ Heat oven to 350°F.
- ☐ Roll 1/3 of dough at a time on floured surface to 1/8inch thickness. (Keep remaining dough refrigerated until ready to roll.)
- ☐ Cut with floured 2 1/2inch gingerbread boy or girl cookie cutters.
- ☐ Place 1 inch apart on ungreased cookie sheet. Decorate with currants or candies.
- ☐ Sprinkle with colored sugar.
- ☐ Bake 6 to 7 minutes or until set.
- ☐ Remove from cookie sheet to wire rack; cool.

## Nutrition Facts



## Properties

Glycemic Index:19.91, Glycemic Load:45.35, Inflammation Score:-7, Nutrition Score:8.6934782438304%

## Nutrients (% of daily need)

Calories: 452.86kcal (22.64%), Fat: 19.23g (29.58%), Saturated Fat: 4.01g (25.04%), Carbohydrates: 66.27g (22.09%), Net Carbohydrates: 64.86g (23.58%), Sugar: 34.57g (38.41%), Cholesterol: 16.37mg (5.46%), Sodium: 559.36mg (24.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.03%), Manganese: 0.63mg (31.47%), Selenium: 16.56µg (23.66%), Vitamin B1: 0.33mg (21.73%), Folate: 76.73µg (19.18%), Vitamin A: 837.17IU (16.74%), Vitamin B2: 0.24mg (13.89%), Iron: 2.38mg (13.22%), Vitamin B3: 2.5mg (12.5%), Magnesium: 26.07mg (6.52%), Phosphorus: 60.71mg (6.07%), Fiber: 1.41g (5.65%), Vitamin E: 0.79mg (5.28%), Copper: 0.1mg (4.86%), Potassium: 155.12mg (4.43%), Vitamin B6: 0.07mg (3.54%), Calcium: 33.49mg (3.35%), Vitamin B5: 0.32mg (3.16%), Zinc: 0.39mg (2.6%), Vitamin B12: 0.06µg (1.03%)