



Gingerbread Cutouts (Cookie Exchange Quantity)

 Dairy Free

READY IN



285 min.

SERVINGS



100

CALORIES



80 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 0.3 cup shortening
- 1.5 cups blackstrap molasses dark
- 0.7 cup water cold
- 7 cups flour all-purpose
- 2 teaspoons baking soda
- 2 teaspoons ground ginger

- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 0.5 teaspoon salt
- 4 cups powdered sugar
- 1 teaspoon vanilla
- 5 tablespoons frangelico

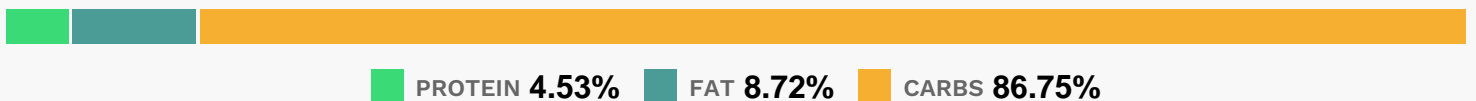
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- In large bowl, stir together brown sugar, shortening, molasses and water. Stir in remaining cookie ingredients. Cover and refrigerate at least 2 hours.
- Heat oven to 350°F. Lightly grease cookie sheet. On floured surface, roll dough 1/8 inch thick.
- Cut with floured gingerbread cutter or other favorite shaped cutter.
- Place about 2 inches apart on cookie sheet.
- Bake 10 to 12 minutes or until no indentation remains when touched (for a softer, chewier cookie, bake 8 to 10 minutes).
- Remove from cookie sheet to wire rack. Cool completely, about 30 minutes.
- In large bowl, stir together all frosting ingredients until smooth and spreadable. Decorate cookies with frosting.

Nutrition Facts



Properties

Glycemic Index:1.39, Glycemic Load:6.49, Inflammation Score:-1, Nutrition Score:2.0778260805199%

Nutrients (% of daily need)

Calories: 79.99kcal (4%), Fat: 0.78g (1.2%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 17.48g (5.83%), Net Carbohydrates: 17.22g (6.26%), Sugar: 10.64g (11.82%), Cholesterol: 0mg (0%), Sodium: 36.47mg (1.59%), Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Protein: 0.91g (1.83%), Manganese: 0.17mg (8.41%), Selenium: 3.95µg (5.64%), Vitamin B1: 0.07mg (4.73%), Folate: 16.05µg (4.01%), Iron: 0.68mg (3.76%), Magnesium: 14.55mg (3.64%), Vitamin B3: 0.57mg (2.86%), Vitamin B2: 0.04mg (2.61%), Potassium: 87.28mg (2.49%), Copper: 0.04mg (1.97%), Vitamin B6: 0.04mg (1.95%), Calcium: 14.12mg (1.41%), Phosphorus: 11.23mg (1.12%), Fiber: 0.26g (1.05%)