



Gingerbread man



Vegetarian



Popular

READY IN



60 min.

SERVINGS



12

CALORIES



260 kcal

SIDE DISH

Ingredients

- ☐ 140 g butter unsalted
- ☐ 100 g t brown sugar dark
- ☐ 3 tbsp golden syrup
- ☐ 350 g flour plain
- ☐ 1 tsp baking soda
- ☐ 2 tsp ground ginger
- ☐ 2 balls ginger chopped
- ☐ 50 g powdered sugar

- ☐ 3 candied cherries (we used undyed)
- ☐ 2 balls ginger

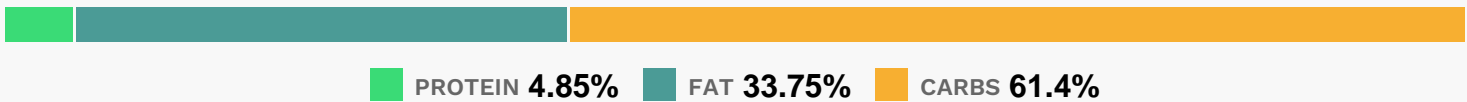
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Line 2 baking sheets with baking parchment. Melt butter, sugar and syrup in a pan.
- ☐ Mix flour, soda, spices and a pinch of salt in a bowl. Stir in the butter mix and chopped ginger to make a stiff-ish dough.
- ☐ Wait until cool enough to handle, then roll out dough to about 5mm thick. Stamp out gingerbread men, re-rolling and pressing the trimmings back together and rolling again. Lift onto baking sheets.
- ☐ Bake for 12 mins until golden. Cool 10 mins on the sheets, then lift onto cooling racks.
- ☐ To decorate, mix icing sugar with a few drops of water until thick and smooth. Halve then slice cherries thinly to make smiles, and cut ginger into small squares. Spoon icing into a food bag, snip off the tiniest bit from one corner, then squeeze eyes and buttons, and a tiny smile onto 1 man at a time. Stick on a cherry smile and ginger buttons. Repeat; leave to set. Will keep up to 1 week in an airtight tin.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:18.85, Inflammation Score:-3, Nutrition Score:4.9195652184603%

Nutrients (% of daily need)

Calories: 259.66kcal (12.98%), Fat: 9.77g (15.03%), Saturated Fat: 6.05g (37.79%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 39.14g (14.23%), Sugar: 17.08g (18.98%), Cholesterol: 25.08mg (8.36%), Sodium: 109.29mg (4.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Vitamin B1: 0.23mg (15.32%), Manganese: 0.31mg (15.28%), Selenium: 10.3µg (14.71%), Folate: 53.88µg (13.47%), Vitamin B3: 1.77mg (8.84%), Vitamin B2: 0.15mg (8.79%), Iron: 1.48mg (8.22%), Vitamin A: 291.64IU (5.83%), Phosphorus: 35.25mg (3.53%), Fiber: 0.85g (3.38%), Copper: 0.05mg (2.51%), Magnesium: 8.19mg (2.05%), Vitamin E: 0.29mg (1.93%), Vitamin B5: 0.15mg (1.54%), Zinc: 0.23mg (1.53%), Calcium: 14.53mg (1.45%), Potassium: 50.52mg (1.44%), Vitamin D: 0.17µg (1.17%)