



Gingerbread Men

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



191 kcal

DESSERT

Ingredients

- 1 tablespoon baking soda
- 1.3 cups butter
- 0.3 cup plus dark
- 6 cups flour all-purpose
- 1.3 tablespoons ground cinnamon
- 2 teaspoons ground cloves
- 1.5 tablespoons ground ginger
- 2.3 cups sugar

- 0.8 cup water
- 1 tablespoon water

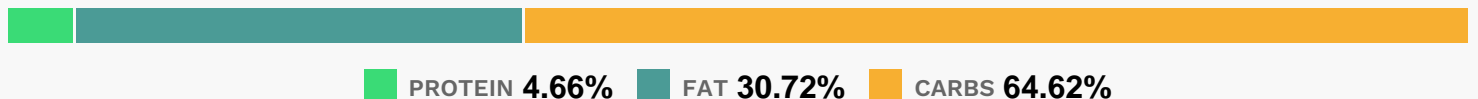
Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- hand mixer

Directions

- Cook sugar, 3/4 cup water, syrup, and spices in a medium saucepan over medium heat, stirring until sugar dissolves.
- Add butter, stirring until melted.
- Combine baking soda and 1 tablespoon water; stir into sugar mixture.
- Pour sugar mixture into a bowl; gradually add flour, beating at medium speed with a heavy-duty electric mixer until blended. (Dough will be stiff.)
- Divide dough into thirds.
- Roll one-third of dough to 1/8-inch thickness on a lightly floured surface.
- Cut with a 5 1/2-inch gingerbread man cutter, and place on lightly greased baking sheets.
- Bake at 350 for 10 to 12 minutes. Cool 1 minute on pan; remove cookies to wire racks, and cool completely. Repeat procedure with remaining dough. Decorate as desired.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:22.44, Inflammation Score:-3, Nutrition Score:3.8147826297614%

Nutrients (% of daily need)

Calories: 191.35kcal (9.57%), Fat: 6.62g (10.18%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 31.31g (10.44%), Net Carbohydrates: 30.54g (11.1%), Sugar: 15g (16.66%), Cholesterol: 0mg (0%), Sodium: 171.62mg (7.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Manganese: 0.33mg (16.52%), Vitamin B1: 0.17mg (11%), Selenium: 7.36µg (10.52%), Folate: 38.28µg (9.57%), Vitamin B2: 0.11mg (6.42%), Vitamin B3: 1.26mg (6.29%), Iron: 1.06mg (5.9%), Vitamin A: 283IU (5.66%), Fiber: 0.78g (3.11%), Phosphorus: 25.3mg (2.53%), Vitamin E: 0.27mg (1.82%), Copper: 0.04mg (1.79%), Magnesium: 6.03mg (1.51%), Zinc: 0.16mg (1.09%), Vitamin B5: 0.1mg (1.01%), Calcium: 10.07mg (1.01%)