

Gingerbread Men

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 3 teaspoons baking soda
- ☐ 2 teaspoons cinnamon
- ☐ 1 cup blackstrap molasses dark
- ☐ 2 eggs beaten
- ☐ 5 cups flour all-purpose
- ☐ 1 teaspoon ground allspice
- ☐ 2 teaspoons ground ginger
- ☐ 1 teaspoon coffee granules with tap water instant

- ☐ 24 servings raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 cup shortening
- ☐ 1 cup sugar

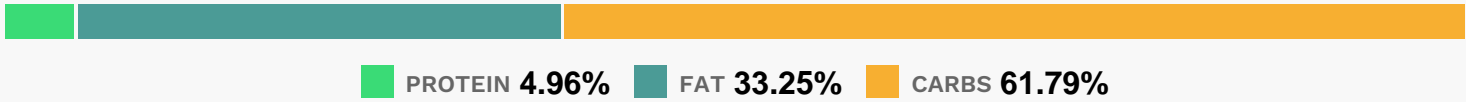
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ cookie cutter

Directions

- ☐ Cream together first 6 ingredients.
- ☐ Add sugar and molasses and continue to beat.
- ☐ Add beaten eggs, coffee and 3 or 4 cups of flour and continue to beat.
- ☐ Add remaining flour and mix by hand. (Dough will be very stiff.) Cover with plastic wrap and refrigerate for several hours or overnight. Flatten the dough on a floured board and cut out large and small gingerbread men with cookie cutters.
- ☐ Transfer to a baking sheet and use diced raisins, chocolate chips, sprinkles, sugar and candies to dress your gingerbread men.
- ☐ Bake at 325 10 to 13 minutes for small cookies and 15 to 20 minutes for large cookies.

Nutrition Facts



Properties

Glycemic Index:8.71, Glycemic Load:24.82, Inflammation Score:-3, Nutrition Score:6.6004347861137%

Nutrients (% of daily need)

Calories: 254.68kcal (12.73%), Fat: 9.49g (14.6%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 39.68g (13.23%),
Net Carbohydrates: 38.84g (14.12%), Sugar: 19.47g (21.63%), Cholesterol: 13.64mg (4.55%), Sodium: 196.74mg

(8.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Manganese: 0.48mg (24.09%), Selenium: 12.61µg (18.01%), Vitamin B1: 0.21mg (14.24%), Folate: 49.44µg (12.36%), Iron: 2mg (11.11%), Magnesium: 40.86mg (10.21%), Vitamin B2: 0.15mg (8.69%), Vitamin B3: 1.7mg (8.52%), Potassium: 246.23mg (7.04%), Vitamin B6: 0.11mg (5.67%), Copper: 0.11mg (5.55%), Vitamin K: 4.69µg (4.46%), Phosphorus: 40.35mg (4.03%), Vitamin E: 0.58mg (3.88%), Calcium: 38.13mg (3.81%), Vitamin B5: 0.34mg (3.43%), Fiber: 0.83g (3.33%), Zinc: 0.28mg (1.88%)