



## Gingerbread Men

READY IN



45 min.

SERVINGS



48

CALORIES



240 kcal

DESSERT

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 48 servings candy-coated chewy fruit-flavored pieces
- ☐ 48 servings currants
- ☐ 1 large eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 0.8 teaspoon ground allspice

- ☐ 2 teaspoons ground ginger
- ☐ 0.5 cup blackstrap molasses
- ☐ 48 servings cinnamon candies red cut in half
- ☐ 0.3 teaspoon salt

## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ cookie cutter
- ☐ wax paper

## Directions

- ☐ Beat butter at medium speed of an electric mixer until creamy; gradually add sugar, beating until blended.
- ☐ Add egg, beating until blended.
- ☐ Add molasses, beating well.
- ☐ Combine flour and next 5 ingredients; gradually add to molasses mixture, beating until blended. Cover and chill dough 2 hours.
- ☐ Roll half of dough to 1/4" thickness on a floured surface.
- ☐ Cut Gingerbread Men with a 3" cookie cutter.
- ☐ Place on greased cookie sheets.
- ☐ Add excess dough to remaining half of dough; wrap in wax paper, and chill. Press currants, cinnamon candy halves, and fruit-flavored candy pieces into cookies for eyes, mouth, and buttons.
- ☐ Bake at 350 for 8 minutes or until lightly browned.
- ☐ Remove cookies to wire racks; let cool completely. Repeat procedure with remaining dough.
- ☐ Note: For chewy fruit-flavored pieces, we used Skittles.

## Nutrition Facts



 PROTEIN **2.67%**  FAT **18.08%**  CARBS **79.25%**

Properties

Glycemic Index:6.27, Glycemic Load:5.3, Inflammation Score:-1, Nutrition Score:2.0904348065024%

Nutrients (% of daily need)

Calories: 239.53kcal (11.98%), Fat: 4.96g (7.64%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 48.95g (16.32%), Net Carbohydrates: 48.28g (17.56%), Sugar: 39.05g (43.38%), Cholesterol: 9.51mg (3.17%), Sodium: 58.33mg (2.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Manganese: 0.14mg (6.92%), Selenium: 3.48µg (4.98%), Iron: 0.77mg (4.26%), Vitamin B1: 0.06mg (3.99%), Folate: 13.8µg (3.45%), Calcium: 33.12mg (3.31%), Magnesium: 11.13mg (2.78%), Fiber: 0.66g (2.64%), Vitamin B2: 0.04mg (2.49%), Vitamin B3: 0.49mg (2.43%), Potassium: 74.51mg (2.13%), Vitamin B6: 0.03mg (1.67%), Copper: 0.03mg (1.67%), Vitamin A: 79.54IU (1.59%), Phosphorus: 13.48mg (1.35%)