



Gingerbread Men Cookies

 Vegetarian

READY IN



160 min.

SERVINGS



100

CALORIES



45 kcal

DESSERT

Ingredients

- 1.5 cups granulated sugar
- 1 cup butter softened
- 3 tablespoons blackstrap molasses
- 2 tablespoons water
- 1 eggs
- 3.3 cups flour all-purpose
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon

- 1.5 teaspoons ground ginger
- 0.5 teaspoon salt
- 0.5 teaspoon ground cardamom
- 0.5 teaspoon ground cloves
- 1 serving currants assorted
- 1 serving p of sugar

Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer
- cookie cutter

Directions

- In large bowl, beat granulated sugar, butter and molasses with electric mixer on medium speed, or mix with spoon, until well mixed. Beat in water and egg until blended. Stir in flour, baking soda, cinnamon, ginger, salt, cardamom and cloves. Cover and refrigerate about 1 hour or until firm.
- Heat oven to 350°F.
- Roll 1/3 of dough at a time on floured surface to 1/8-inch thickness. (Keep remaining dough refrigerated until ready to roll.)
- Cut with floured 2 1/2-inch gingerbread boy or girl cookie cutters. On ungreased cookie sheets, place cutouts 1 inch apart. Decorate with currants or candies.
- Sprinkle with colored sugar.
- Bake 6 to 7 minutes or until set.
- Remove from cookie sheet to cooling rack; cool.

Nutrition Facts



■ PROTEIN 4.36% ■ FAT 37.94% ■ CARBS 57.7%

Properties

Glycemic Index:2.74, Glycemic Load:4.54, Inflammation Score:-1, Nutrition Score:0.85304349037292%

Nutrients (% of daily need)

Calories: 45.27kcal (2.26%), Fat: 1.94g (2.98%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 6.48g (2.36%), Sugar: 3.46g (3.85%), Cholesterol: 6.52mg (2.17%), Sodium: 49.13mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Manganese: 0.06mg (3.15%), Selenium: 1.68µg (2.4%), Vitamin B1: 0.03mg (2.17%), Folate: 7.72µg (1.93%), Vitamin B2: 0.02mg (1.39%), Iron: 0.24mg (1.33%), Vitamin B3: 0.25mg (1.25%), Vitamin A: 59.25IU (1.19%)