



WHATSheATE



Gingerbread Men Cookies

READY IN



230 min.

SERVINGS



12

CALORIES



731 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup butter softened
- ☐ 5.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1.5 tablespoons ground ginger
- ☐ 12 servings chocolate icing
- ☐ 12 servings m&m candies assorted
- ☐ 1 cup blackstrap molasses

- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 12 servings sugar assorted
- ☐ 0.3 cup water hot

Equipment

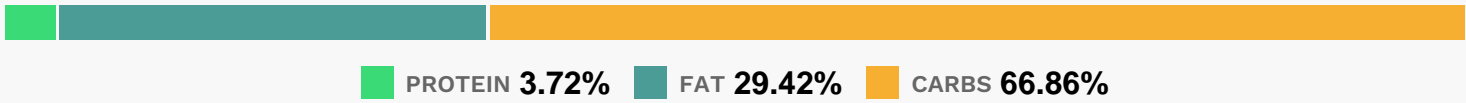
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ cookie cutter
- ☐ stand mixer

Directions

- ☐ Beat butter and sugar at medium speed with a heavy-duty electric stand mixer until fluffy.
- ☐ Stir together baking soda and 1/4 cup hot water until dissolved; stir in molasses.
- ☐ Stir together flour and next 4 ingredients.
- ☐ Add to butter mixture alternately with molasses mixture, beginning and ending with flour mixture. Shape mixture into a ball; cover and chill 1 hour.
- ☐ Preheat oven to 350
- ☐ Roll dough to 1/4-inch thickness on a lightly floured surface.
- ☐ Cut dough with a 4-inch gingerbread man-shaped cookie cutter.
- ☐ Place 2 inches apart on parchment paper-lined baking sheets.
- ☐ Bake at 350 for 15 to 18 minutes.
- ☐ Let cool on baking sheets 2 minutes; transfer to wire racks. Cool completely (about 30 minutes).
- ☐ Spoon Royal Icing into a small zip-top plastic freezer bag. Snip 1 corner of bag to make a small hole; pipe faces on cookies, or spread cookies with Buttermilk Frosting. Decorate cookies as desired with candies and sugar crystals.
- ☐ Gingerbread Snowflake Cookies: Prepare recipe as directed, cutting dough with a 1- to 2 1/2-inch snowflake-shaped cutter.

- ☐
- Place 2 inches apart on parchment paper-lined baking sheets.
- ☐
- Bake at 350 for 13 to 17 minutes. Cool and decorate as directed. Makes: about 9 dozen.
- Hands-on time: 1 hr.; Total time: 4 hr., 50 min., including icing and frosting.

Nutrition Facts



Properties

Glycemic Index:31.02, Glycemic Load:69.06, Inflammation Score:-7, Nutrition Score:14.228260868269%

Nutrients (% of daily need)

Calories: 731.14kcal (36.56%), Fat: 24.1g (37.07%), Saturated Fat: 12.84g (80.23%), Carbohydrates: 123.21g (41.07%), Net Carbohydrates: 121.03g (44.01%), Sugar: 76.83g (85.37%), Cholesterol: 42.92mg (14.31%), Sodium: 380.9mg (16.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.73%), Manganese: 1.07mg (53.73%), Selenium: 25.17µg (35.96%), Vitamin B1: 0.47mg (31.03%), Folate: 107.76µg (26.94%), Iron: 4.38mg (24.33%), Vitamin B2: 0.38mg (22.42%), Magnesium: 82.82mg (20.7%), Vitamin B3: 3.78mg (18.89%), Potassium: 495.72mg (14.16%), Copper: 0.23mg (11.31%), Vitamin B6: 0.22mg (10.92%), Vitamin A: 507.48IU (10.15%), Calcium: 92.9mg (9.29%), Fiber: 2.18g (8.73%), Phosphorus: 81.42mg (8.14%), Vitamin E: 0.91mg (6.05%), Vitamin B5: 0.52mg (5.17%), Vitamin K: 5.22µg (4.97%), Zinc: 0.55mg (3.67%)