

Gingerbread People

 Vegetarian

READY IN



90 min.

SERVINGS



36

CALORIES



142 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1 cup butter softened
- 2 cups confectioners' sugar
- 2 tablespoons plus light
- 0.5 teaspoon cream of tartar
- 1 eggs
- 2 egg whites
- 2.5 cups flour all-purpose

- 0.3 teaspoon ground allspice
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves
- 2 teaspoons ground ginger
- 1.5 cups sugar white

Equipment

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

Directions

- In a large bowl, cream together the butter, sugar and corn syrup until smooth. Beat in the egg.
- Combine the flour, baking soda, cinnamon, ginger, cloves and allspice; stir into the creamed mixture. Cover and refrigerate dough for at least 1/2 hour.
- Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets. On a floured surface, roll the dough out to 1/4 inch in thickness.
- Cut into desired shapes with cookie cutters.
- Place cookies 1 1/2 inches apart onto cookie sheets.
- Bake for 8 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.
- To make the frosting, whip egg whites and cream of tartar until foamy. Gradually add sugar and continue to beat until icing is stiff.
- Add food coloring if desired and pipe onto cooled cookies. This icing can also be used as a glue to affix candy decorations.

Nutrition Facts



■ PROTEIN 3.61% ■ FAT 33.37% ■ CARBS 63.02%

Properties

Glycemic Index:6.5, Glycemic Load:10.79, Inflammation Score:-1, Nutrition Score:1.8495651941099%

Nutrients (% of daily need)

Calories: 141.76kcal (7.09%), Fat: 5.36g (8.24%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 22.76g (7.59%), Net Carbohydrates: 22.44g (8.16%), Sugar: 15.83g (17.58%), Cholesterol: 18.1mg (6.03%), Sodium: 107.15mg (4.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Manganese: 0.13mg (6.7%), Selenium: 3.88µg (5.54%), Vitamin B1: 0.07mg (4.66%), Folate: 16.75µg (4.19%), Vitamin B2: 0.06mg (3.59%), Vitamin A: 164.66IU (3.29%), Vitamin B3: 0.53mg (2.65%), Iron: 0.47mg (2.62%), Phosphorus: 13.86mg (1.39%), Fiber: 0.32g (1.29%), Vitamin E: 0.17mg (1.13%)