



Gingerbread People

READY IN



45 min.

SERVINGS



60

CALORIES



56 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup colored sugar sprinkles
- ☐ 1 large eggs
- ☐ 10 ounces flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 1.5 teaspoons ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons milk 2%
- ☐ 0.5 cup blackstrap molasses
- ☐ 1.3 cups powdered sugar
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ To prepare cookies, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 7 ingredients (through cloves) in a large bowl, stirring with a whisk.
- ☐ Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until smooth and well blended.
- ☐ Add molasses and egg; beat until well blended. Stir flour mixture into sugar mixture until well blended. Divide dough in half; shape each dough portion into a flat disk. Wrap dough portions separately in plastic wrap; chill 1 hour or until firm.
- ☐ Preheat oven to 35

- ☐ Remove 1 dough portion from refrigerator; remove plastic wrap.
- ☐ Roll dough to a 1/8-inch thickness on a floured surface.
- ☐ Cut with a 3-inch boy or girl cookie cutter.
- ☐ Place cookies 1/2 inch apart on parchment paper-lined baking sheets. Repeat procedure with remaining dough portion.
- ☐ Bake at 350 for 11 minutes or until edges of cookies are lightly browned.
- ☐ Remove from pans; cool completely on wire racks.
- ☐ To prepare decorations, combine powdered sugar and milk, stirring until smooth. Spoon mixture into a heavy-duty zip-top plastic bag. Snip a tiny hole in 1 corner of bag. Pipe onto cookies. Decorate as desired with sugar sprinkles.

Nutrition Facts



Properties

Glycemic Index:6.77, Glycemic Load:5.29, Inflammation Score:-1, Nutrition Score:1.2795652128432%

Nutrients (% of daily need)

Calories: 56.07kcal (2.8%), Fat: 0.95g (1.47%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 11.27g (4.1%), Sugar: 7.69g (8.55%), Cholesterol: 5.17mg (1.72%), Sodium: 26.53mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.25%), Manganese: 0.1mg (5.17%), Selenium: 2.44µg (3.48%), Vitamin B1: 0.04mg (2.59%), Folate: 9.1µg (2.28%), Iron: 0.39mg (2.15%), Magnesium: 8.18mg (2.05%), Vitamin B2: 0.03mg (1.74%), Vitamin B3: 0.31mg (1.56%), Potassium: 49.16mg (1.4%), Vitamin B6: 0.02mg (1.15%), Copper: 0.02mg (1.1%), Calcium: 10.23mg (1.02%)