



Gingerbread People Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



61 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons currants dried
- ☐ 1 large egg white
- ☐ 2.3 cups flour all-purpose
- ☐ 6 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 1.5 teaspoons ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup blackstrap molasses
- ☐ 1.3 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup stick margarine softened
- ☐ 0.3 teaspoon vanilla extract

Equipment

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

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine the flour and next 7 ingredients (flour through cloves) in a bowl, and set aside.
- ☐ Combine granulated sugar and butter in a large bowl; beat at medium speed of a mixer 5 minutes.
- ☐ Add molasses and egg white; beat well.
- ☐ Add flour mixture to sugar mixture; beat at low speed until well-blended. Divide dough in half, and shape each half into a ball, and wrap in plastic wrap. Chill 1 hour.
- ☐ Preheat oven to 35

- ☐ Working with 1 half of dough at a time (keep remaining half chilled until ready to use), roll the dough to a 1/8-inch thickness on a heavily floured surface; cut with a 2 1/2-inch boy or girl cookie cutter.
- ☐ Place gingerbread cookies 1 inch apart on baking sheets coated with cooking spray. Arrange currants on cookies as buttons.
- ☐ Bake at 350 for 8 minutes.
- ☐ Remove from pans; cool on wire racks.
- ☐ Combine the powdered sugar, lemon juice, and vanilla in a small bowl. Spoon into a decorating bag or a heavy-duty zip-top plastic bag with a tiny hole snipped in 1 corner of bag, and decorate as desired.

Nutrition Facts



Properties

Glycemic Index:7.94, Glycemic Load:5.56, Inflammation Score:-1, Nutrition Score:1.577391308044%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 61.08kcal (3.05%), Fat: 1.07g (1.65%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 12.13g (4.41%), Sugar: 7.61g (8.46%), Cholesterol: 0mg (0%), Sodium: 36.81mg (1.6%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 0.72g (1.45%), Manganese: 0.13mg (6.58%), Selenium: 2.82µg (4.03%), Vitamin B1: 0.05mg (3.26%), Folate: 10.97µg (2.74%), Iron: 0.48mg (2.64%), Magnesium: 10.38mg (2.59%), Vitamin B2: 0.03mg (2.03%), Vitamin B3: 0.4mg (1.99%), Potassium: 65.94mg (1.88%), Vitamin B6: 0.03mg (1.45%), Copper: 0.03mg (1.43%), Calcium: 12.16mg (1.22%)