



Gingerbread Sailors and Mermaids

 Vegetarian

READY IN



10 min.

SERVINGS



100

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 cups brown sugar light packed
- ☐ 1.5 cups butter
- ☐ 1 large eggs
- ☐ 4 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1.5 teaspoons ground ginger

- ☐ 1 teaspoon nutmeg
- ☐ 0.5 cup blackstrap molasses

Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ cookie cutter

Directions

- ☐ Beat first 2 ingredients at medium speed with an electric mixture until fluffy. Beat in honey and egg.
- ☐ Combine flour and next 5 ingredients. Gradually add flour mixture to butter mixture, beating until blended.
- ☐ Shape dough into 2 flat disks. Cover with plastic wrap; chill at least 1 hour or until firm.
- ☐ Preheat oven to 35
- ☐ Line several large baking sheets with parchment paper or nonstick aluminum foil.
- ☐ Roll out dough, 1 section at a time, to 1/4-inch thickness on a floured surface.
- ☐ Cut out gingerbread shapes with cookie cutters. Re-roll trimmed-off dough to make additional cookies.
- ☐ Place 1 inch apart on prepared sheets.
- ☐ Bake cookies, in batches, 8 to 10 minutes. Cool 1 minute on baking sheets; remove to wire racks to cool completely.
- ☐ Decorate cookies with Royal Icing or prepared frosting in a tube, and candy and sprinkles, if desired.
- ☐ Let icing harden at least 1 hour.

Nutrition Facts



PROTEIN 4%

FAT 41.76%

CARBS 54.24%

Properties

Glycemic Index:2.44, Glycemic Load:3.32, Inflammation Score:-1, Nutrition Score:1.2195652253602%

Nutrients (% of daily need)

Calories: 61.09kcal (3.05%), Fat: 2.87g (4.42%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 8.22g (2.99%), Sugar: 4.48g (4.98%), Cholesterol: 9.18mg (3.06%), Sodium: 27.03mg (1.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Manganese: 0.09mg (4.29%), Selenium: 2.24µg (3.2%), Vitamin B1: 0.04mg (2.69%), Folate: 9.54µg (2.39%), Iron: 0.36mg (1.97%), Vitamin A: 87.95IU (1.76%), Vitamin B2: 0.03mg (1.66%), Vitamin B3: 0.32mg (1.6%), Magnesium: 5.75mg (1.44%), Potassium: 36.59mg (1.05%)