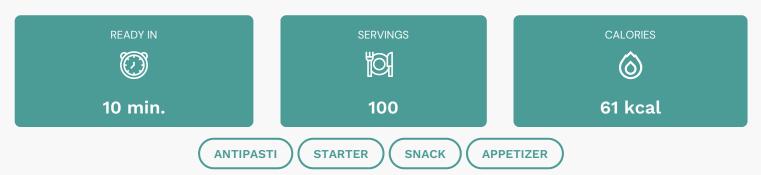


# **Gingerbread Sailors and Mermaids**

🕭 Vegetarian



#### 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**

#### **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 %: O% (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%)