



## Gingerbread Skeletons

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.1 teaspoon allspice
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 2.5 cups flour sifted
- ☐ 0.8 teaspoon ginger
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.8 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 0.3 cup water

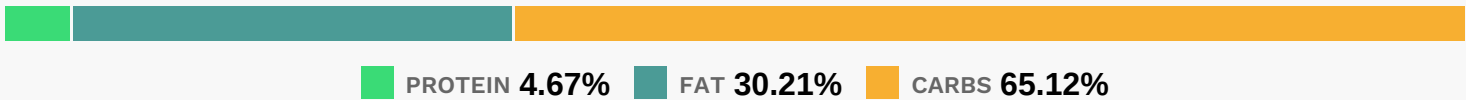
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ cookie cutter

## Directions

- ☐ In a large mixing bowl, cream the sugar and butter together.
- ☐ Add molasses and water.
- ☐ In a separate bowl, mix the flour, salt, nutmeg, baking soda, ginger, and allspice. Gradually add the dry mixture to the wet and blend until the dough holds together.
- ☐ Cover and chill for 2-3 hours.
- ☐ Preheat the oven to 375°F.
- ☐ Roll out dough 1/4" thick on a lightly floured surface.
- ☐ Cut into shapes with cookie cutters and transfer to cookie sheet.
- ☐ Bake for 10-12 minutes.
- ☐ Remove from the oven and let cool on baking sheets or cooling racks.
- ☐ Using the white decorating icing, decorate the cookies with "bones" so that they resemble skeletons.
- ☐ From The Secret Life of Food
- ☐ Published by Hyperion/Melcher Media, Reprinted with permission from Melcher Media

## Nutrition Facts



## Properties

Glycemic Index:22.61, Glycemic Load:19.86, Inflammation Score:-3, Nutrition Score:4.7843478414352%

Nutrients (% of daily need)

Calories: 188.63kcal (9.43%), Fat: 6.39g (9.83%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 30.98g (10.33%), Net Carbohydrates: 30.4g (11.06%), Sugar: 15.12g (16.8%), Cholesterol: 16.27mg (5.42%), Sodium: 206.28mg (8.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Manganese: 0.32mg (15.81%), Selenium: 9.18µg (13.11%), Vitamin B1: 0.17mg (11.25%), Folate: 38.39µg (9.6%), Iron: 1.51mg (8.36%), Magnesium: 32.09mg (8.02%), Vitamin B3: 1.34mg (6.7%), Vitamin B2: 0.11mg (6.3%), Potassium: 188.98mg (5.4%), Copper: 0.09mg (4.33%), Vitamin B6: 0.08mg (4.25%), Vitamin A: 189.21IU (3.78%), Calcium: 28.41mg (2.84%), Phosphorus: 27.92mg (2.79%), Fiber: 0.57g (2.3%), Vitamin B5: 0.19mg (1.9%), Vitamin E: 0.19mg (1.26%), Zinc: 0.19mg (1.25%)