



## Gingerbread trees

 Vegetarian

READY IN



22 min.

SERVINGS



20

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 75 g butter softened
- 50 g sugar
- 0.5 tsp baking soda
- 50 g golden syrup
- 2 egg yolk
- 250 g flour plain
- 0.5 tsp ground cinnamon
- 0.5 tsp ground ginger

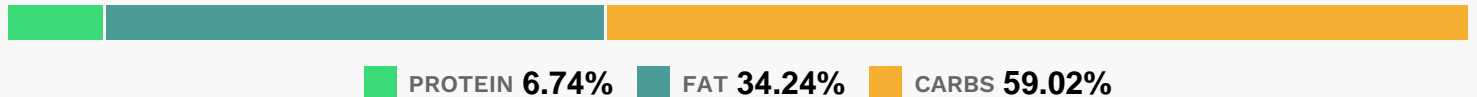
## Equipment

- baking sheet
- oven
- wire rack
- wooden spoon

## Directions

- Heat oven to 180C/fan 160C/gas
- Beat together the softened butter with the caster sugar until creamy. Stir in bicarbonate of soda, golden syrup and the egg yolks. Sift in the plain flour and ground cinnamon and ground ginger then bring together with a wooden spoon. Shape into two balls, knead until the dough comes together, then chill for 30 mins.
- Roll out one ball at a time, to about 2 x 1 coin thickness. Stamp out trees with a 7cm cutter, then re-roll the trimmings. Lift dough onto greased baking sheets and bake for 10-12 mins until slightly risen and golden brown. Cool on a wire rack. Will keep in an airtight container up to a week.

## Nutrition Facts



## Properties

Glycemic Index:13.15, Glycemic Load:9.9, Inflammation Score:-1, Nutrition Score:2.2686956654424%

## Nutrients (% of daily need)

Calories: 96.12kcal (4.81%), Fat: 3.65g (5.62%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 13.78g (5.01%), Sugar: 4.52g (5.03%), Cholesterol: 27.5mg (9.17%), Sodium: 56.73mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Selenium: 5.33µg (7.61%), Vitamin B1: 0.1mg (6.77%), Folate: 25.63µg (6.41%), Manganese: 0.11mg (5.63%), Vitamin B2: 0.07mg (4.3%), Vitamin B3: 0.75mg (3.73%), Iron: 0.65mg (3.59%), Vitamin A: 119.87IU (2.4%), Phosphorus: 21.54mg (2.15%), Fiber: 0.38g (1.51%), Vitamin B5: 0.11mg (1.13%)