



Heart-Shaped Spice Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



84

CALORIES



43 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon cinnamon
- 2.5 cups flour all-purpose
- 1 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 1 cup brown sugar light packed
- 0.1 teaspoon salt
- 16 tablespoons butter unsalted at room temperature

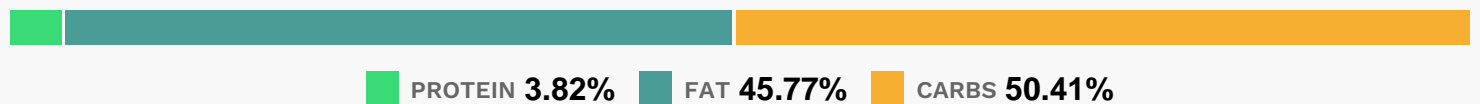
Equipment

- bowl
- baking sheet
- oven
- hand mixer
- cookie cutter

Directions

- In a large bowl, combine flour, ginger, cinnamon, nutmeg, baking powder and salt.
- In a separate large bowl, beat butter with an electric mixer until creamy. Gradually add sugar and beat until light and fluffy.
- Add flour mixture, a little at a time, and beat until mixture forms a stiff yet pliable dough. Turn out onto a floured work surface and knead into a ball. Wrap in plastic and refrigerate until completely chilled, at least 2 hours.
- Preheat oven to 400F and line 2 large baking sheets with parchment.
- Roll out dough to 1/4-inch thickness.
- Cut out cookies with a 2-inch heart-shaped cookie cutter.
- Place cookies about 1 inch apart on baking sheets.
- Bake until cookies are firm in center, about 10 minutes.
- Let cool on wire racks. Repeat with remaining dough.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:2.07, Inflammation Score:-1, Nutrition Score:0.71782608848551%

Nutrients (% of daily need)

Calories: 42.84kcal (2.14%), Fat: 2.2g (3.39%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 5.35g (1.94%), Sugar: 2.56g (2.84%), Cholesterol: 5.73mg (1.91%), Sodium: 9.62mg (0.42%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.83%), Manganese: 0.04mg (1.98%), Vitamin B1: 0.03mg (1.96%), Selenium: 1.33µg (1.91%), Folate: 6.93µg (1.73%), Vitamin A: 66.73IU (1.33%), Vitamin B2: 0.02mg (1.14%), Iron: 0.2mg (1.13%), Vitamin B3: 0.23mg (1.13%)