



Holiday Gingerbread Cookies

 Vegetarian

READY IN



110 min.

SERVINGS



12

CALORIES



409 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 3 cups confectioners' sugar
- 2 egg whites
- 2.5 cups flour for dusting all-purpose plus more
- 2 teaspoons ground allspice
- 1 tablespoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 tablespoon ground ginger

- 0.5 juice of lemon juiced
- 0.5 cup brown sugar light
- 0.3 cup mild molasses
- 0.5 teaspoon salt
- 1 cup butter unsalted room temperature (2 sticks)

Equipment

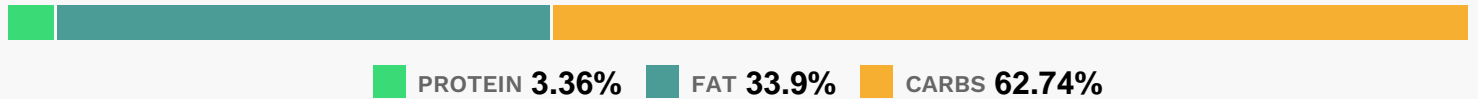
- bowl
- baking paper
- oven
- whisk
- wire rack
- blender
- plastic wrap
- hand mixer
- offset spatula

Directions

- Combine butter, sugar, and molasses together in a standing mixer with the paddle attachment until light and fluffy, about 3 minutes. Meanwhile, whisk together the remaining dry ingredients in a separate bowl.
- Add the dry ingredients to the butter mixture in increments, and continue to beat until thoroughly mixed together.
- Pour the dough out onto the countertop and divide into 4 pieces. Press each piece into a disk and wrap in plastic wrap.
- Place in the refrigerator and chill for 1 to 2 hours, or up to 3 days.
- Adjust the racks to the center of the oven and preheat to 350 degrees F. Line sheet trays with parchment paper.
- Spread 2 large pieces of parchment paper out and very lightly flour them.

- Place a disk of dough between the parchment sheets and roll out to 1/4-inch thickness. Repeat with the remaining disks of dough. Rework all scraps into balls and re-chill before reusing. Repeat with all the dough.
- Cut out cookies and place on the parchment-lined sheet trays with an offset spatula, leaving 1-inch between each cookie.
- Bake the cookies for 10 to 12 minutes. Cool on the sheet tray for 5 minutes, and then transfer to a cooling rack to continue cooling to room temperature before decorating the cookies with Royal Icing.
- Add ingredients to a large bowl. Beat, using a hand mixer, until glossy and stiff, about 5 to 6 minutes.
- Place in icing bags with fine tips to decorate cookies.

Nutrition Facts



Properties

Glycemic Index:11.58, Glycemic Load:16.72, Inflammation Score:-4, Nutrition Score:6.6891304772833%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 409.23kcal (20.46%), Fat: 15.68g (24.12%), Saturated Fat: 9.78g (61.14%), Carbohydrates: 65.29g (21.76%), Net Carbohydrates: 64.08g (23.3%), Sugar: 43.65g (48.5%), Cholesterol: 40.67mg (13.56%), Sodium: 159.72mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Manganese: 0.58mg (29.19%), Selenium: 11.82µg (16.89%), Vitamin B1: 0.21mg (13.97%), Folate: 48.99µg (12.25%), Iron: 1.8mg (9.99%), Vitamin B2: 0.16mg (9.67%), Vitamin A: 476.76IU (9.54%), Vitamin B3: 1.69mg (8.43%), Magnesium: 26.4mg (6.6%), Potassium: 169.44mg (4.84%), Fiber: 1.21g (4.82%), Copper: 0.09mg (4.44%), Calcium: 40.85mg (4.09%), Phosphorus: 37.6mg (3.76%), Vitamin B6: 0.07mg (3.41%), Vitamin E: 0.48mg (3.17%), Vitamin B5: 0.22mg (2.19%), Vitamin D: 0.28µg (1.89%), Zinc: 0.26mg (1.73%), Vitamin K: 1.67µg (1.59%)