



Johanna's Gingerbread Cookies



Vegetarian

READY IN



150 min.

SERVINGS



8

CALORIES



524 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 2 large eggs
- ☐ 4.5 cups flour all-purpose
- ☐ 1 tablespoon ground cinnamon
- ☐ 2 teaspoons ground ginger
- ☐ 0.8 cup blackstrap molasses

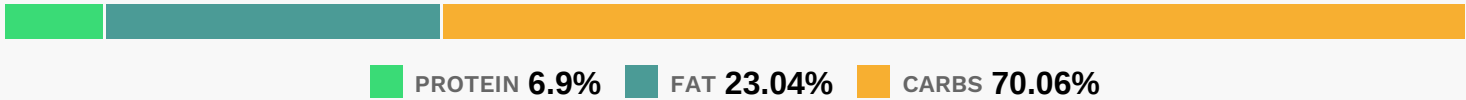
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap

Directions

- ☐ Sift the flour, cinnamon, ginger, cloves, and baking soda in a bowl.
- ☐ In a large mixing bowl, blend the butter and brown sugar until combined.
- ☐ Add the eggs, 1 at a time, and then the molasses. Slowly add the flour mixture.
- ☐ Mix well after each addition of flour. The dough will be stiff.
- ☐ Divide dough in half, flatten into 2 thick circles and wrap in plastic wrap.
- ☐ Refrigerate for 2 hours or until firm enough to roll out.
- ☐ Preheat oven to 350 degrees F.
- ☐ Roll out, cut into desired shapes and bake until golden brown.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:49.22, Inflammation Score:-7, Nutrition Score:17.11956532834%

Nutrients (% of daily need)

Calories: 523.55kcal (26.18%), Fat: 13.45g (20.69%), Saturated Fat: 7.81g (48.84%), Carbohydrates: 92.01g (30.67%), Net Carbohydrates: 89.51g (32.55%), Sugar: 37.22g (41.36%), Cholesterol: 77mg (25.67%), Sodium: 160.36mg (6.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.06g (18.12%), Manganese: 1.32mg (65.82%), Selenium: 33.91µg (48.45%), Vitamin B1: 0.57mg (38.07%), Folate: 135.24µg (33.81%), Iron: 5.26mg (29.2%), Vitamin B2: 0.41mg (24.19%), Magnesium: 96.62mg (24.15%), Vitamin B3: 4.54mg (22.68%), Potassium: 586.36mg (16.75%), Copper: 0.28mg (13.82%), Vitamin B6: 0.27mg (13.73%), Phosphorus: 115.92mg (11.59%), Calcium: 107.72mg (10.77%), Fiber: 2.5g (10%), Vitamin A: 425.15IU (8.5%), Vitamin B5: 0.79mg (7.93%), Zinc: 0.8mg (5.32%), Vitamin E: 0.53mg (3.51%), Vitamin B12: 0.14µg (2.26%), Vitamin D: 0.25µg (1.67%), Vitamin K: 1.56µg (1.48%)