

My First Gingerbread House "2006







SIDE DISH

Ingredients

1 teaspoon double-acting baking powder
O.5 teaspoon baking soda
0.8 cup butter
12 servings candy canes
12 servings chocolate (Andies mint candies)
12 servings chocolate (present wrapped)
12 servings mint-filled chocolate squares
1 cup t brown sugar dark
12 servings chocolate bar

	1 large eggs lightly beaten	
	4 cups flour all-purpose sifted	
	12 servings fruit green red	
	1 tablespoon ground cinnamon	
	2 teaspoons ground ginger	
	12 servings twist and ends together to make a rough knob. cover red	
	6 m&m candies hard crushed	
	12 servings m&m candies (for decorating)	
	0.5 cup konnyaku powder	
	12 servings marshmallows (Twisted sticks)	
	8 cups powdered sugar	
	1 teaspoon salt	
	12 servings toffee chips	
	0.8 cup blackstrap molasses	
	1 cup water cold	
	12 servings frangelico	
	12 servings frangelico (for Santa's bag)	
	1 leaves frangelico with a cookie cutter cut	
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Equipment		
<u>-</u> 4	uipilielit	
ᆜ	bowl	
브	frying pan	
	sauce pan	
Ш	oven	
Ш	whisk	
	microwave	

Directions Dough using the template here:. Warm molasses in a saucepan or microwave, but do not boil just to soften. Remove from heat and stir in butter until melted. Let cool. In a large bowl, whisk together flour, baking powder, salt, baking soda, ginger, cinnamon, and brown sugar. Add butter mixture and egg and mix well. Refrigerate at least one hour until dough becomes stiff enough to roll.Preheat oven to 350 degrees F. Roll out dough right onto the bottom side of cookie pan or on a edge free cookie pan that is lined with parchment. Maximum thickness for dough should be 3/8-inch. For houses larger than 6 inches square, use 1/4-inch thickness and for smaller houses, use 1/8-inch. Weightbearing walls should be just slightly thicker. Place the template and cut house pieces using a ruler to guide for smooth straight edges. Bake for 15 minutes. If window are to be cut out do before baking. May place broken hard candies in windows for a glass effect be sure to really fill it. Royal Icing:. Mix 1/2 the powder and 1/2 the water beating till peaks form, add 1/2 the sugar beating till a good consistency. This half is to assembly. In a thick Styrofoam base cut grooves the size of the baked walls. Using the 4 wall as a guide. Pipe the icing into the grooves. Pipe out the icing on the bottom and one end of one long wall and one short, put them together at a 90-degree angle, and hold them in place on the foam with cans if needed. Repeat with the remaining two walls, running a line of icing glue along the corners so that all the walls are glued together. Again hold walls in place until icing is dry. Let the roofless house dry at least 30 minutes until the icing is firmly set. At this time careful plan and decorate the inside as you chose. Or leave it empty. Run a thick line of icing along one long side of a roof piece. Stick the two roof sections together at an angle and set the two pieces on top of the house. Make sure that the roof overhang is the same at both ends of the house, although it is okay if it isn't perfect. Hold the roof gently in place until it dries. Let dry for half an hour. To attach the chimney, on one side of the roof near the peak, glue one angled piece to the roof. Glue the largest rectangle to the angled piece and then glue the second angled piece in place. Last, glue the smallest rectangle to the other sections. Hide any mistakes under a "snow" of icing. Side a this layer of icing on sides of house One side at a time. Place fruit roll up starting from the bottom going up overlapping slightly. Be sure to cut it where the window are. Leave the top half of the front and back to overlap with the spearmint

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Nutrition Facts		

Properties

Glycemic Index:48.14, Glycemic Load:33.89, Inflammation Score:-7, Nutrition Score:17.405217406542%

Flavonoids

Eriodictyol: O.31mg, Eriodictyol: O.31mg, Eriodictyol: O.31mg, Eriodictyol: O.31mg Hesperetin: O.1mg, Hesperetin: O.1mg, Hesperetin: O.1mg, Apigenin: O.05mg, Apigenin: O.05mg, Apigenin: O.05mg, Apigenin: O.05mg, Luteolin: O.13mg, Luteolin: O.13mg, Luteolin: O.13mg, Luteolin: O.13mg

Nutrients (% of daily need)

Calories: 883.92kcal (44.2%), Fat: 17.54g (26.99%), Saturated Fat: 10.61g (66.32%), Carbohydrates: 181.08g (60.36%), Net Carbohydrates: 176.92g (64.33%), Sugar: 137.82g (153.14%), Cholesterol: 49.4mg (16.47%), Sodium: 1453.24mg (63.18%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.56g (13.12%), Calcium: 705.7mg (70.57%), Manganese: 0.92mg (46.24%), Phosphorus: 309.56mg (30.96%), Selenium: 20.37µg (29.1%), Iron: 5.21mg (28.96%), Vitamin B1: 0.35mg (23.62%), Folate: 82.5µg (20.63%), Magnesium: 77.96mg (19.49%), Vitamin B2: 0.28mg (16.68%), Fiber: 4.16g (16.64%), Vitamin A: 826.09IU (16.52%), Vitamin B3: 3.23mg (16.16%), Copper: 0.31mg (15.51%), Potassium: 521.25mg (14.89%), Vitamin B6: 0.2mg (9.96%), Vitamin K: 7.02µg (6.69%), Vitamin B5: 0.52mg (5.18%), Zinc: 0.64mg (4.29%), Vitamin C: 3.05mg (3.69%), Vitamin E: 0.43mg (2.89%), Vitamin B12: 0.07µg (1.09%)