



Nauvoo Gingerbread Cookies



Vegetarian



Dairy Free

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READY IN

ready

95 min.

SERVINGS

servings

72

CALORIES

calories

64 kcal

DESSERT

Ingredients



1 teaspoon baking soda



2 eggs



6 cups flour all-purpose



1 teaspoon ground cinnamon



1.5 teaspoons ground ginger



1 cup blackstrap molasses



0.5 teaspoon salt



0.5 cup water hot

- ☐ 1 cup sugar white
- ☐ 0.8 cup lard
- ☐ 0.8 cup lard

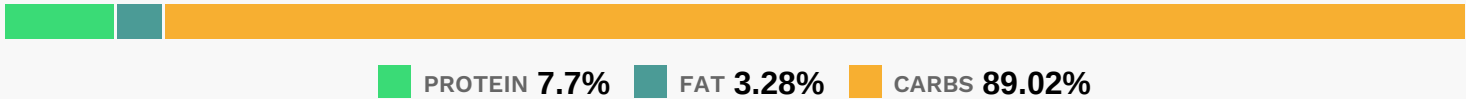
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ In a large bowl, mix together the sugar, molasses, lard, and hot water until smooth. Stir in eggs.
- ☐ Combine the flour, baking soda, salt, cinnamon and ginger; stir into the batter to make a soft dough.
- ☐ Add more flour if needed. Cover the bowl and refrigerate dough for at least 1 hour, or until firm.
- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Roll out the dough to 1/4 inch thickness on a floured surface.
- ☐ Cut into desired shapes using cookie cutters.
- ☐ Place cookies onto ungreased baking sheets.
- ☐ Bake for 10 minutes in the preheated oven, or until cookies appear dry in the center.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:9.23, Inflammation Score:-1, Nutrition Score:2.2730434747494%

Nutrients (% of daily need)

Calories: 64.14kcal (3.21%), Fat: 0.23g (0.36%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 13.97g (5.08%), Sugar: 6.3g (7%), Cholesterol: 4.55mg (1.52%), Sodium: 35.15mg (1.53%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Manganese: 0.16mg (8.09%), Selenium: 4.78µg (6.83%), Vitamin B1: 0.08mg (5.61%), Folate: 19.64µg (4.91%), Iron: 0.74mg (4.1%), Magnesium: 13.89mg (3.47%), Vitamin B2: 0.06mg (3.4%), Vitamin B3: 0.66mg (3.32%), Potassium: 81.9mg (2.34%), Copper: 0.04mg (1.97%), Vitamin B6: 0.04mg (1.92%), Phosphorus: 15.21mg (1.52%), Calcium: 12.26mg (1.23%), Fiber: 0.3g (1.21%), Vitamin B5: 0.1mg (1.02%)