



## Old-Fashioned Gingerbread Men

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



162 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 large eggs at room temperature
- ☐ 5 cups flour all-purpose
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 cup brown sugar light packed

- ☐ 0.8 teaspoon salt
- ☐ 1 cup butter unsalted at room temperature (2 sticks)
- ☐ 1 cup blackstrap molasses
- ☐ 1 teaspoon vanilla extract

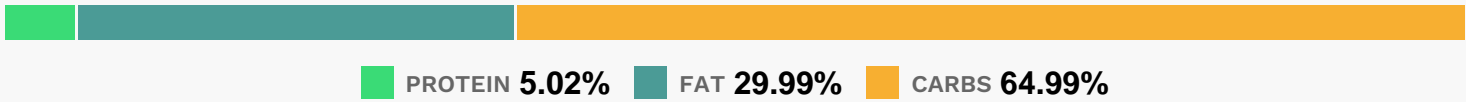
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

## Directions

- ☐ Combine the flour, baking soda, salt, and spices in a large bowl; set aside. In the bowl of an electric mixer, beat the butter, brown sugar, and egg on medium until smooth.
- ☐ Add the molasses and beat until fluffy, about 2 minutes.
- ☐ Add the vanilla. Stir in the flour mixture 1 cup at a time, blending until smooth. The dough should gather into a semifirm mass. (If it's not firm, add another to cup flour, but not enough to make it crumbly.) Turn the dough onto a lightly floured surface. Divide in half. Flatten into disks and wrap in plastic. Refrigerate at least 2 hours or up to 1 week. Preheat oven to 350 F. On a floured surface, roll each disk to 1/8 inch thick. Use gingerbread-man cutters to make shapes.
- ☐ Transfer them to a large, parchment-lined baking sheet, spacing them about 1 inch apart. Decorate, if desired.
- ☐ Bake until firm to the touch, about 12 minutes. Cool slightly before transferring to a rack

## Nutrition Facts



## Properties

Glycemic Index:5.39, Glycemic Load:12.67, Inflammation Score:-3, Nutrition Score:4.4926086771909%

## Nutrients (% of daily need)

Calories: 162.22kcal (8.11%), Fat: 5.45g (8.38%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 25.94g (9.43%), Sugar: 13.01g (14.45%), Cholesterol: 18.72mg (6.24%), Sodium: 87.18mg (3.79%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.05g (4.1%), Manganese: 0.36mg (17.99%), Selenium: 8.19µg (11.69%), Vitamin B1: 0.14mg (9.42%), Folate: 32.73µg (8.18%), Iron: 1.36mg (7.56%), Magnesium: 27.82mg (6.96%), Vitamin B3: 1.14mg (5.69%), Vitamin B2: 0.09mg (5.58%), Potassium: 169.79mg (4.85%), Copper: 0.08mg (3.86%), Vitamin B6: 0.08mg (3.83%), Vitamin A: 165.84IU (3.32%), Calcium: 31.78mg (3.18%), Phosphorus: 26.58mg (2.66%), Fiber: 0.62g (2.47%), Vitamin B5: 0.19mg (1.89%), Zinc: 0.18mg (1.22%), Vitamin E: 0.18mg (1.19%)