



Simple gingerbread house



Very Healthy



Popular

READY IN



72 min.

SERVINGS



1

CALORIES



9190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g butter unsalted
- ☐ 200 g t brown sugar dark
- ☐ 7 tbsp golden syrup
- ☐ 600 g flour plain
- ☐ 2 tsp baking soda
- ☐ 4 tsp ground ginger
- ☐ 200 g almonds flaked
- ☐ 2 egg whites

- ☐ 500 g powdered sugar
- ☐ 125 g chocolate mini
- ☐ 1 serving selection of sweets generous
- ☐ 1 chocolate mini
- ☐ 9 servings meatballs
- ☐ 1 serving frangelico
- ☐ 1 serving frangelico

Equipment

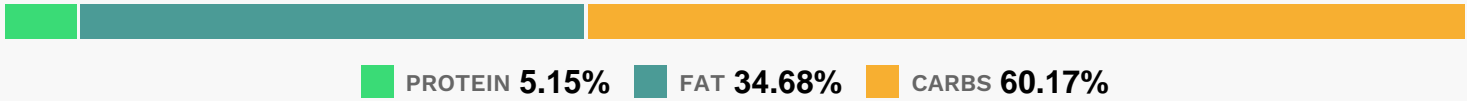
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Melt the butter, sugar and syrup in a pan.
- ☐ Mix the flour, bicarbonate of soda and ground ginger into a large bowl, then stir in the butter mixture to make a stiff dough. If it wont quite come together, add a tiny splash of water.
- ☐ Cut out the template (download from ingredients list). Put a sheet of baking paper on your work surface and roll about one quarter of the dough to the thickness of two 1 coins.
- ☐ Cut out one of the sections, then slide the gingerbread, still on its baking paper, onto a baking sheet. Repeat with remaining dough, re-rolling the trimmings, until you have two side walls, a front and back wall and two roof panels. Any leftover dough can be cut into Christmas trees, if you like.
- ☐ Pick out the most intact flaked almonds and gently poke them into the roof sections, pointy-end first, to look like roof tiles.
- ☐ Bake all the sections for 12 mins or until firm and just a little darker at the edges. Leave to cool for a few mins to firm up, then trim around the templates again to give clean, sharp edges. Leave to cool completely.

- ☐ Put the egg whites in a large bowl, sift in the icing sugar, then stir to make a thick, smooth icing. Spoon into a piping bag with a medium nozzle. Pipe generous snakes of icing along the wall edges, one by one, to join the walls together. Use a small bowl to support the walls from the inside, then allow to dry, ideally for a few hours.
- ☐ Once dry, remove the supports and fix the roof panels on. The angle is steep so you may need to hold these on firmly for a few mins until the icing starts to dry. Dry completely, ideally overnight. To decorate, pipe a little icing along the length of 20 mini chocolate fingers and stick these lengthways onto the side walls of the house. Use three, upright, for the door.
- ☐ Using the icing, stick sweets around the door and on the front of the house. To make the icicles, start with the nozzle at a 90-degree angle to the roof and squeeze out a pea-sized blob of icing. Keeping the pressure on, pull the nozzle down and then off the icing will pull away, leaving a pointy trail. Repeat all around the front of the house.
- ☐ Cut the chocolate mini roll or dipped Flake on an angle, then fix with icing to make a chimney. Pipe a little icing around the top. If youve made gingerbread trees, decorate these now, too, topping each with a silver ball, if using. Dust the roof with icing sugar for a snowy effect.
- ☐ Lay a winding path of sweets, and fix gingerbread trees around and about using blobs of icing. Your gingerbread house will be edible for about a week.

Nutrition Facts



Properties

Glycemic Index:283.2, Glycemic Load:446.15, Inflammation Score:-10, Nutrition Score:74.556956732403%

Flavonoids

Cyanidin: 4.92mg, Cyanidin: 4.92mg, Cyanidin: 4.92mg, Cyanidin: 4.92mg Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg Epigallocatechin: 5.18mg, Epigallocatechin: 5.18mg, Epigallocatechin: 5.18mg, Epigallocatechin: 5.18mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Isorhamnetin: 5.28mg, Isorhamnetin: 5.28mg, Isorhamnetin: 5.28mg, Isorhamnetin: 5.28mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 9190.36kcal (459.52%), Fat: 363.1g (558.61%), Saturated Fat: 168.57g (1053.55%), Carbohydrates: 1417.31g (472.44%), Net Carbohydrates: 1366.68g (496.98%), Sugar: 895.69g (995.21%), Cholesterol: 543.98mg (181.33%),

Sodium: 2755.68mg (119.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 100.98mg (33.66%), Protein: 121.42g (242.84%), Manganese: 11.98mg (599.05%), Vitamin E: 57.76mg (385.05%), Vitamin B2: 6.09mg (358.12%), Vitamin B1: 5.23mg (348.98%), Selenium: 242.03µg (345.76%), Folate: 1203.88µg (300.97%), Iron: 42.81mg (237.81%), Vitamin B3: 45.16mg (225.8%), Magnesium: 891.61mg (222.9%), Fiber: 50.63g (202.52%), Copper: 4.02mg (201.18%), Phosphorus: 1939.76mg (193.98%), Vitamin A: 6252.29IU (125.05%), Calcium: 909.39mg (90.94%), Zinc: 13.55mg (90.32%), Potassium: 3106.41mg (88.75%), Vitamin B5: 4.42mg (44.22%), Vitamin B6: 0.78mg (38.79%), Vitamin K: 29µg (27.62%), Vitamin D: 3.75µg (25%), Vitamin B12: 0.54µg (9.03%)