



Spiced Gingerbread Piggies

 Vegetarian

READY IN



165 min.

SERVINGS



12

CALORIES



410 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon baking soda
- 0.5 teaspoon pepper black freshly ground
- 0.1 teaspoon cayenne pepper
- 3 cups confectioners' sugar
- 2 egg whites
- 2.5 cups flour for dusting all-purpose plus more
- 12 servings food coloring
- 2 teaspoons ground allspice

- 1 tablespoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 tablespoon ground ginger
- 0.1 teaspoon ground nutmeg
- 0.5 juice of lemon
- 0.5 cup brown sugar light
- 0.3 cup mild molasses
- 0.5 teaspoon salt fine
- 1 cup butter unsalted at room temperature (2 sticks)

Equipment

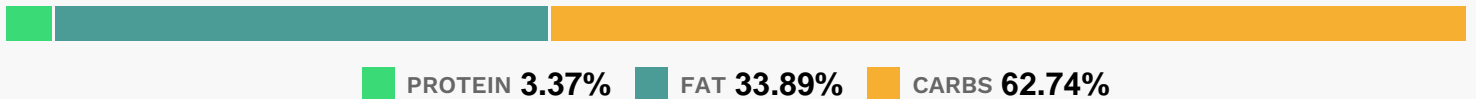
- bowl
- baking paper
- oven
- whisk
- wire rack
- plastic wrap
- hand mixer
- cookie cutter
- stand mixer
- offset spatula

Directions

- Special equipment: 5-inch-long and 3-inch-wide copper piggy cookie cutter
- Combine butter, sugar, and molasses in a stand mixer with the paddle attachment until light and fluffy, about 3 minutes. Meanwhile, whisk together the remaining dry ingredients in a separate bowl.
- Add the dry ingredients to the butter mixture in increments, and continue to beat until thoroughly mixed together.

- Pour the dough out onto the countertop and divide into 3 pieces. Press each piece into a disk and wrap in plastic wrap.
- Place in the refrigerator and chill for 1 to 2 hours, or up to 3 days.
- Adjust the racks to the center of the oven and preheat to 350 degrees F. Line sheet trays with parchment paper.
- Spread 2 large pieces of parchment paper out and very lightly flour them.
- Place a disk of dough between the parchment sheets and roll out to 1/4-inch thickness. Repeat with the remaining disks of dough. Rework all the scraps into balls and re-chill before reusing. Repeat with all the dough.
- Cut out cookies and place on the parchment-lined sheet trays with an offset spatula, leaving 1 inch between each cookie.
- Bake the cookies for 10 to 12 minutes. Cool on the sheet trays for 5 minutes, and then transfer to a cooling rack to continue cooling to room temperature before decorating the cookies with Royal Icing.
- Add the egg whites, sugar and lemon juice to a large bowl. Beat, using a hand mixer, until glossy and stiff, 5 to 6 minutes.
- Add food coloring, if using, and mix well.
- Place in icing bags with fine tips to decorate cookies.;

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:16.74, Inflammation Score:-5, Nutrition Score:6.7556521711142%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 409.61kcal (20.48%), Fat: 15.69g (24.14%), Saturated Fat: 9.79g (61.19%), Carbohydrates: 65.36g (21.79%), Net Carbohydrates: 64.13g (23.32%), Sugar: 43.66g (48.51%), Cholesterol: 40.67mg (13.56%), Sodium: 159.75mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Manganese: 0.6mg (29.77%), Selenium:

11.83µg (16.9%), Vitamin B1: 0.21mg (13.98%), Folate: 49.04µg (12.26%), Iron: 1.81mg (10.05%), Vitamin A: 485.91IU (9.72%), Vitamin B2: 0.16mg (9.69%), Vitamin B3: 1.69mg (8.45%), Magnesium: 26.61mg (6.65%), Fiber: 1.24g (4.95%), Potassium: 171.04mg (4.89%), Copper: 0.09mg (4.51%), Calcium: 41.29mg (4.13%), Phosphorus: 37.84mg (3.78%), Vitamin B6: 0.07mg (3.45%), Vitamin E: 0.48mg (3.22%), Vitamin B5: 0.22mg (2.2%), Vitamin D: 0.28µg (1.89%), Zinc: 0.26mg (1.74%), Vitamin K: 1.83µg (1.74%)