

What She Ate

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Amazing Ginger Snaps



Vegetarian



Dairy Free

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READY IN

ready

90 min.

SERVINGS

servings

24

CALORIES

calories

94 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.7 cup canola oil
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup unsulfured molasses

☐ 1 cup sugar white

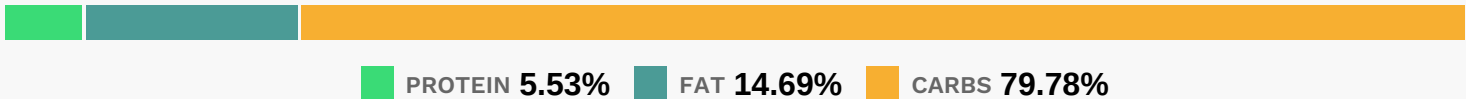
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Mix flour, 1 cup sugar, canola oil, molasses, egg, baking soda, cinnamon, ginger, and salt in a bowl. Refrigerate dough for 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Pour 1/4 cup sugar into a bowl.
- ☐ Roll dough into 1-inch balls and coat each ball in sugar. Flatten each coated ball onto a baking sheet.
- ☐ Bake in the preheated oven until edges begin to harden, 7 to 8 minutes. Cool on the pan for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:12.72, Inflammation Score:-1, Nutrition Score:2.3413043294264%

Nutrients (% of daily need)

Calories: 94.29kcal (4.71%), Fat: 1.56g (2.39%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 19.01g (6.34%), Net Carbohydrates: 18.67g (6.79%), Sugar: 10.98g (12.2%), Cholesterol: 6.82mg (2.27%), Sodium: 143.87mg (6.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Manganese: 0.17mg (8.4%), Selenium: 4.82µg (6.88%), Vitamin B1: 0.08mg (5.6%), Folate: 19.94µg (4.99%), Iron: 0.71mg (3.94%), Vitamin B2: 0.06mg (3.63%), Vitamin B3: 0.66mg (3.29%), Magnesium: 11.24mg (2.81%), Potassium: 66.56mg (1.9%), Copper: 0.03mg (1.74%), Vitamin E: 0.25mg (1.63%), Phosphorus: 16.16mg (1.62%), Vitamin B6: 0.03mg (1.59%), Fiber: 0.34g (1.35%), Calcium:

10.83mg (1.08%), Vitamin B5: 0.1mg (1.03%)