



Bacon Fat Gingersnaps

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



79 kcal

Ingredients

- ☐ 0.8 cup add carrot and onion to bacon fat . cook at room temperature (from)
- ☐ 2 teaspoons baking soda
- ☐ 0.3 cup blackstrap molasses such as steen's or lyle's (not blackstrap)
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 1.5 teaspoons kosher salt

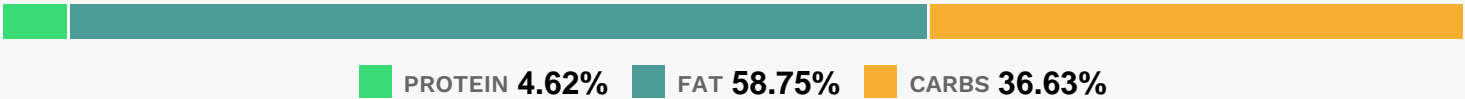
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Combine all the ingredients in a food processor, and pulse until a smooth, stiff dough forms. Wrap the dough in plastic and chill in the refrigerator for a few hours.
- ☐ Preheat the oven to 350°F. Line two baking sheets with parchment paper.
- ☐ Put the 1/4 cup sugar in a shallow bowl. Breaking off 1-tablespoon lumps, roll the dough into balls, drop into the sugar, roll to coat, and place 2 inches apart on the baking sheets
- ☐ Bake for 10 to 12 minutes, until the cookies are dark brown.
- ☐ Let cool on the baking sheets for a few minutes, then transfer to a rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:4.6, Inflammation Score:-1, Nutrition Score:1.6299999884289%

Nutrients (% of daily need)

Calories: 78.78kcal (3.94%), Fat: 5.12g (7.87%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 6.95g (2.53%), Sugar: 1.78g (1.97%), Cholesterol: 9.85mg (3.28%), Sodium: 168.18mg (7.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Manganese: 0.14mg (7.12%), Selenium: 3.26µg (4.66%), Vitamin B1: 0.06mg (3.74%), Folate: 13.38µg (3.35%), Iron: 0.49mg (2.7%), Vitamin B2: 0.04mg (2.41%), Vitamin B3: 0.44mg (2.22%), Magnesium: 7.69mg (1.92%), Potassium: 45.4mg (1.3%), Copper: 0.02mg (1.16%), Phosphorus: 11.21mg (1.12%), Vitamin B6: 0.02mg (1.1%), Vitamin D: 0.15µg (1.01%)