

# Big Soft Ginger Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



111 kcal

DESSERT

## Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 0.8 cup butter softened
- ☐ 0.3 cup blackstrap molasses

- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon water
- ☐ 2 tablespoons granulated sugar white

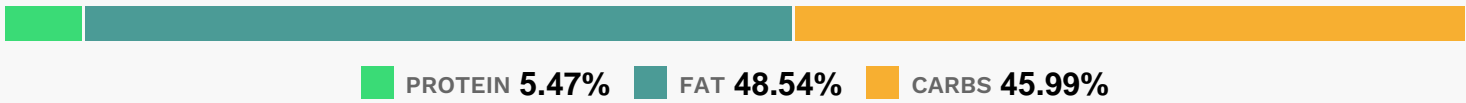
## Equipment

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

## Directions

- ☐ Preheat oven to 350°F. Sift together the flour, ginger, baking soda, cinnamon, cloves, and salt. Set aside.
- ☐ In a large bowl, cream together the margarine and 1 cup sugar until light and fluffy. Beat in the egg, then stir in the water and molasses. Gradually stir the sifted ingredients into the molasses mixture. Shape dough into walnut sized balls, and roll them in the remaining 2 tablespoons of sugar.
- ☐ Place the cookies 2 inches apart onto an ungreased cookie sheet, and flatten slightly.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:8.09, Glycemic Load:8.32, Inflammation Score:-3, Nutrition Score:2.8704348046171%

## Nutrients (% of daily need)

Calories: 111.14kcal (5.56%), Fat: 6.02g (9.26%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 12.45g (4.53%), Sugar: 3.67g (4.07%), Cholesterol: 6.82mg (2.27%), Sodium: 141.06mg (6.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Manganese: 0.23mg (11.29%), Selenium: 5.26µg (7.52%), Vitamin B1: 0.09mg (6.34%), Folate: 22.41µg (5.6%), Vitamin A: 263.94IU (5.28%), Iron: 0.79mg (4.36%),

Vitamin B2: 0.07mg (4.09%), Vitamin B3: 0.75mg (3.73%), Magnesium: 12.02mg (3%), Potassium: 72.22mg (2.06%), Phosphorus: 19.37mg (1.94%), Copper: 0.04mg (1.83%), Vitamin B6: 0.03mg (1.69%), Vitamin E: 0.25mg (1.68%), Fiber: 0.39g (1.55%), Calcium: 13.23mg (1.32%), Vitamin B5: 0.11mg (1.15%)