



Big Soft Ginger Cookies

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



278 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 6 tablespoons butter shortening flavored (or regular)
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 teaspoon cocoa powder
- ☐ 1 large eggs
- ☐ 10 oz flour – spoon and sweep whole wheat white
- ☐ 1 cup granulated sugar

- ☐ 0.5 teaspoon ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 0.3 cup blackstrap molasses (not blackstrap)
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons butter unsalted firm
- ☐ 0.5 teaspoon vanilla extract

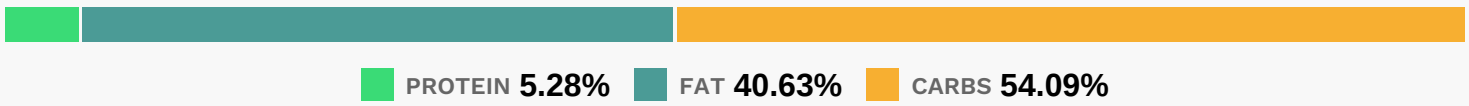
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F. Have ready two or three large cookie sheets lined with parchment or Silpats.Using an electric mixer, beat butter until creamy. Beat in shortening, then add sugar, 1/4 cup at a time. Continue beating for another minute. Beat in egg, vanilla and molasses.In a separate bowl, thoroughly stir together the flour, soda, salt and remaining spices.
- ☐ Add the flour mixture to the butter mixture and stir until mixed.Shape dough into 12 evenly sized balls (a little bigger than golf balls).
- ☐ Roll the balls in sparkly sugar.
- ☐ Place 3 inches apart on cookie sheets and bake one sheet at a time on center rack of oven for 13–15 minutes. Cookies should appear cracked on top but still slightly soft.

Nutrition Facts



Properties

Glycemic Index:12.59, Glycemic Load:13.95, Inflammation Score:-2, Nutrition Score:3.2078261059587%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 278.27kcal (13.91%), Fat: 12.97g (19.96%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 38.87g (12.96%), Net Carbohydrates: 36.35g (13.22%), Sugar: 21.94g (24.38%), Cholesterol: 30.55mg (10.18%), Sodium: 149.73mg (6.51%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 3.79g (7.59%), Manganese: 0.29mg (14.49%), Fiber: 2.52g (10.1%), Iron: 1.07mg (5.94%), Magnesium: 19.11mg (4.78%), Vitamin A: 215.25IU (4.3%), Selenium: 2.91µg (4.16%), Vitamin E: 0.62mg (4.14%), Potassium: 144.23mg (4.12%), Vitamin K: 4.09µg (3.89%), Calcium: 36.35mg (3.63%), Vitamin B6: 0.06mg (2.91%), Copper: 0.05mg (2.26%), Vitamin B5: 0.17mg (1.74%), Vitamin B2: 0.03mg (1.54%), Phosphorus: 13.55mg (1.36%), Vitamin D: 0.19µg (1.26%)