

# Bourbon Snaps

 Vegetarian

READY IN



45 min.

SERVINGS



25

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup almonds chopped
- 3 tablespoons bourbon
- 0.3 lb butter cooled melted
- 1 cup flour all-purpose
- 1 teaspoon ground ginger
- 0.3 cup blackstrap molasses
- 0.3 teaspoon salt
- 0.5 cup sugar

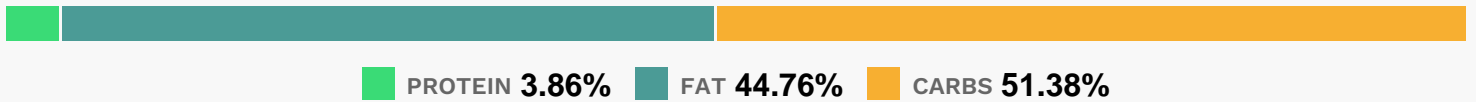
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer
- spatula

## Directions

- In a bowl, with an electric mixer on medium speed, beat butter, sugar, molasses, and bourbon until smooth and well blended, scraping down sides of bowl as needed.
- In another bowl, mix flour, ground ginger, and salt. Stir into butter mixture until well blended. Stir in almonds.
- Drop dough in 1-tablespoon portions, 3 inches apart, onto buttered or cooking parchment-lined 12- by 15-inch baking sheets.
- Bake cookies in a 300 oven until slightly darker brown, 22 to 28 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- With a wide spatula, transfer cookies to racks to cool. If hot cookies start to break, slide a thin spatula under them to release; let stand on pan to firm up, 2 to 5 minutes, then transfer to racks to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:10.56, Glycemic Load:7.04, Inflammation Score:-2, Nutrition Score:2.0330434908038%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin:

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## **Nutrients (% of daily need)**

Calories: 91.86kcal (4.59%), Fat: 4.46g (6.86%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 11.2g (4.07%), Sugar: 7.43g (8.26%), Cholesterol: 9.75mg (3.25%), Sodium: 54.28mg (2.36%), Alcohol: 0.6g (100%), Alcohol %: 3.56% (100%), Protein: 0.87g (1.73%), Manganese: 0.16mg (8.14%), Magnesium: 16.1mg (4.02%), Selenium: 2.67µg (3.81%), Vitamin E: 0.47mg (3.16%), Vitamin B1: 0.04mg (2.96%), Iron: 0.52mg (2.87%), Vitamin B2: 0.04mg (2.56%), Folate: 9.93µg (2.48%), Potassium: 83.7mg (2.39%), Vitamin A: 113.39IU (2.27%), Copper: 0.04mg (2.24%), Vitamin B3: 0.4mg (1.99%), Vitamin B6: 0.03mg (1.75%), Phosphorus: 14.97mg (1.5%), Calcium: 15.04mg (1.5%), Fiber: 0.32g (1.3%)