



Brown Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



68 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1.3 cups t brown sugar dark
- ☐ 1 large eggs at room temperature
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon kosher salt
- ☐ 6 ounces butter unsalted at room temperature

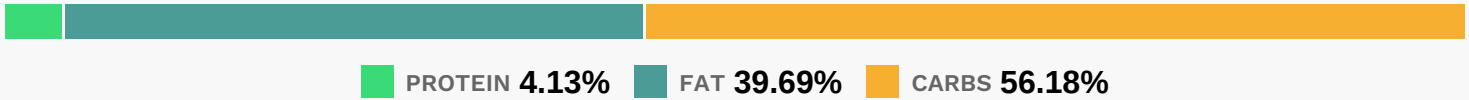
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ • Preheat the oven to 375°F.
- ☐ Place the butter and sugar in the bowl of a mixer fitted with a paddle and beat until smooth and creamy.
- ☐ Add the egg and beat well. Scrape down the sides of the bowl.
- ☐ Place the flour, baking soda, salt, and spices in a separate bowl and mix well.
- ☐ Add to the butter mixture and beat until everything is well incorporated. Scrape down the sides of the bowl and beat again.
- ☐ • Drop large teaspoonfuls of dough onto an unbuttered cookie sheet about 2 inches apart and bake until the edges are just brown, 8 to 12 minutes. For crispy cookies, let cool on the sheet.
- ☐ Let the cookie sheet cool completely between batches and repeat with the remaining dough.
- ☐ Reprinted with permission from Cookies for Kids Cancer: Best
- ☐ Bake Sale Cookbook by Gretchen Holt-Witte, (C) 2011 Wiley

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:1.0700000032135%

Nutrients (% of daily need)

Calories: 67.75kcal (3.39%), Fat: 3.03g (4.65%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 9.48g (3.45%), Sugar: 5.58g (6.2%), Cholesterol: 11.49mg (3.83%), Sodium: 73.41mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Selenium: 2.2µg (3.15%), Vitamin B1: 0.04mg

(2.77%), Folate: 10.19µg (2.55%), Manganese: 0.05mg (2.51%), Vitamin A: 94.25IU (1.88%), Vitamin B2: 0.03mg (1.87%), Iron: 0.31mg (1.71%), Vitamin B3: 0.32mg (1.59%)