

Brown Sugar Cookies

Vegetarian







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.	
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	Bake Sale Cookbook by Gretchen Holt-Witte, (C) 2011 Wiley	
Nutrition Facts		
	PROTEIN 4.13% FAT 39.69% CARBS 56.18%	

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: Og (100%), Alcohol %: O% (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%)