



## Chewy Ginger Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



103 kcal

DESSERT

## Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup candied ginger finely chopped
- ☐ 0.8 cup t brown sugar dark packed ()
- ☐ 1 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2.5 teaspoons ground ginger
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.5 cup blackstrap molasses (robust)
- ☐ 0.5 teaspoon nutmeg freshly ground
- ☐ 1 cup sugar raw
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup shortening (preferably trans-fat free)

## Equipment

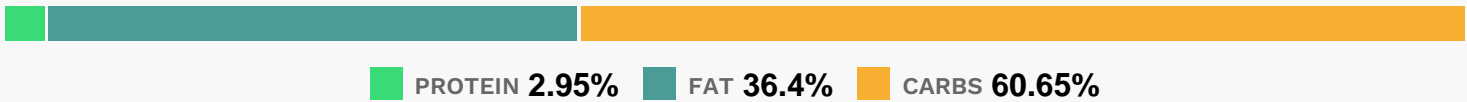
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer

## Directions

- ☐ Arrange racks in lower and upper thirds of oven; preheat to 350°F. Line 2 baking sheets with parchment paper.
- ☐ Whisk flour, ground ginger, baking soda, cinnamon, nutmeg, salt, and pepper in a medium bowl. Using an electric mixer on medium-high speed, beat brown sugar, shortening, and butter in a large bowl, scraping down sides halfway through beating, until light and fluffy, about 3 minutes. Reduce mixer speed to low.
- ☐ Add egg, molasses, grated ginger, and vanilla; beat just to blend.
- ☐ Add flour mixture; beat on low speed just to blend.
- ☐ Mix in crystallized ginger (dough will be very soft and sticky).
- ☐ Place raw sugar in a shallow bowl. Using a tablespoon measure, scoop out dough. Using a second spoon, scoop dough from tablespoon measure into bowl with raw sugar; turn to coat well.
- ☐ Roll into a ball.

- ☐ Transfer to prepared baking sheet. Repeatwith half of remaining dough and sugar,spacingballs 1 1/2" apart.
- ☐ Bake cookies, rotating sheets halfwaythrough, until edges are firm and centersappear cracked, 10–12 minutes.
- ☐ Transfercookies to wire racks and let cool. Repeatwith remaining dough and sugar, usingcooled baking sheets and new parchment.DO AHEAD: Can be made 3 days ahead.Store airtight at room temperature betweensheets of parchment or waxed paper.

## Nutrition Facts



## Properties

Glycemic Index:6.17, Glycemic Load:7.3, Inflammation Score:-1, Nutrition Score:1.7717391213645%

## Nutrients (% of daily need)

Calories: 103.39kcal (5.17%), Fat: 4.24g (6.52%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 15.7g (5.71%), Sugar: 11.26g (12.51%), Cholesterol: 8.96mg (2.99%), Sodium: 62.93mg (2.74%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 0.77g (1.55%), Manganese: 0.14mg (6.85%), Selenium: 3.08µg (4.4%), Vitamin B1: 0.05mg (3.24%), Folate: 11.35µg (2.84%), Iron: 0.51mg (2.83%), Magnesium: 10.57mg (2.64%), Vitamin B2: 0.04mg (2.1%), Vitamin B3: 0.4mg (1.98%), Potassium: 65.99mg (1.89%), Vitamin B6: 0.03mg (1.51%), Copper: 0.03mg (1.48%), Vitamin E: 0.2mg (1.34%), Vitamin A: 64.89IU (1.3%), Vitamin K: 1.35µg (1.28%), Calcium: 12.58mg (1.26%), Phosphorus: 10.44mg (1.04%)