



Chewy Ginger Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



99 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground allspice
- ☐ 2 teaspoons ground ginger
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup shortening

- ☐ 0.3 cup sugar
- ☐ 1 cup sugar

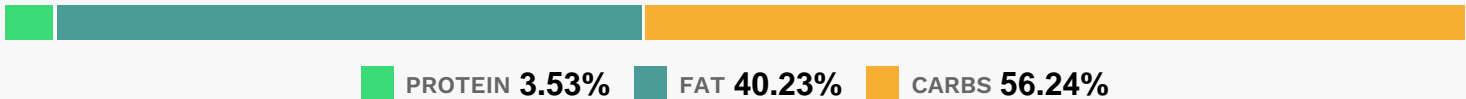
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat shortening at medium speed of an electric mixer until creamy; gradually add 1 cup sugar, beating well.
- ☐ Add egg and molasses, mixing well.
- ☐ Combine flour and next 4 ingredients, stirring well. Gradually add flour mixture to creamed mixture, mixing well. Cover and chill 1 hour.
- ☐ Shape dough into 1-inch balls, and roll balls in 1/4 cup sugar.
- ☐ Place 2 inches apart on lightly greased cookie sheets.
- ☐ Bake at 375 for 9 minutes.
- ☐ Remove from cookie sheets, and let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:7.62, Glycemic Load:9.46, Inflammation Score:-1, Nutrition Score:1.7282608736144%

Nutrients (% of daily need)

Calories: 98.97kcal (4.95%), Fat: 4.49g (6.91%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 13.91g (5.06%), Sugar: 8.71g (9.67%), Cholesterol: 4.55mg (1.52%), Sodium: 80.05mg (3.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Manganese: 0.12mg (6.2%), Selenium: 3.25µg (4.65%), Vitamin B1: 0.06mg (3.8%), Folate: 13.34µg (3.33%), Iron: 0.49mg (2.73%), Vitamin B2: 0.04mg (2.44%), Vitamin B3: 0.45mg (2.23%), Vitamin K: 2.3µg (2.19%), Magnesium: 7.73mg (1.93%), Vitamin E: 0.28mg (1.86%), Potassium: 46.05mg (1.32%), Copper: 0.02mg (1.2%), Phosphorus: 10.96mg (1.1%), Vitamin B6: 0.02mg (1.09%)