



Chewy Gingersnaps

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



129 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 cup butter softened
- 1 eggs
- 4 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 0.5 teaspoon lemon extract

- 0.3 cup blackstrap molasses
- 0.3 teaspoon salt
- 1 cup sugar white

Equipment

- baking sheet
- oven

Directions

- Cream the butter for 2 minutes at medium speed.
- Add 2 1/2 cups of the flour plus the sugar, molasses, egg, lemon extract, cinnamon, ginger, cloves, baking soda and salt.
- Mix well on medium-high speed. Stir in the remaining flour until blended. Cover and refrigerate dough for at least 2 hours.
- Preheat oven to 350 degrees F (175 degrees C).
- Remove dough from refrigerator, and with a teaspoon, scoop out rounded measures of dough.
- Roll dough into balls and place 2 inches apart on ungreased cookie sheet. Flatten slightly with the bottom of a glass dipped in white sugar.
- Bake at 350 degrees F (175 degrees C) for 11 minutes.
- Let stand for approximately for 30 seconds on cookie sheet before removing to cooling racks. Cool completely and store in airtight containers.

Nutrition Facts



PROTEIN 5.1% FAT 37.44% CARBS 57.46%

Properties

Glycemic Index:6.78, Glycemic Load:12.58, Inflammation Score:-2, Nutrition Score:2.9217391678982%

Nutrients (% of daily need)

Calories: 128.56kcal (6.43%), Fat: 5.4g (8.3%), Saturated Fat: 3.31g (20.66%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 18.18g (6.61%), Sugar: 7.93g (8.81%), Cholesterol: 18.1mg (6.03%), Sodium: 75.3mg (3.27%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Manganese: 0.21mg (10.72%), Selenium: 5.77µg (8.25%), Vitamin B1: 0.11mg (7.42%), Folate: 26.21µg (6.55%), Iron: 0.84mg (4.69%), Vitamin B2: 0.08mg (4.57%), Vitamin B3: 0.86mg (4.3%), Vitamin A: 164.61IU (3.29%), Magnesium: 11.21mg (2.8%), Phosphorus: 20.12mg (2.01%), Potassium: 65.51mg (1.87%), Copper: 0.04mg (1.87%), Fiber: 0.46g (1.84%), Vitamin B6: 0.03mg (1.5%), Calcium: 12.27mg (1.23%), Vitamin E: 0.17mg (1.17%), Vitamin B5: 0.11mg (1.13%)