



Chocolate Gingersnap Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



33 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 0.3 cup brown sugar packed
- 2 tablespoons butter softened
- 1 tablespoon egg substitute
- 2.3 ounces flour all-purpose
- 1 teaspoon ground ginger
- 2 tablespoons blackstrap molasses
- 0.1 teaspoon salt
- 2 tablespoons cocoa unsweetened sifted

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 4 ingredients (through salt), stirring with a whisk.
- Place sugar and butter in a medium bowl; beat with a mixer at medium speed 2 minutes or until creamy.
- Add molasses; beat until smooth.
- Add egg substitute; beat until well combined.
- Add flour mixture to sugar mixture, stirring until well combined.
- Shape dough into 24 balls, about 1 1/2 teaspoons each.
- Place 2 inches apart on 2 baking sheets coated with cooking spray; flatten balls to 1/2-inch thickness with bottom of a glass.
- Bake each batch at 350 for 10 minutes. Cool on pan 4 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- Note: Store cookies in an airtight container at room temperature for up to three days.

Nutrition Facts



■ PROTEIN 5.15% ■ FAT 27.04% ■ CARBS 67.81%

Properties

Glycemic Index:7.04, Glycemic Load:2.02, Inflammation Score:-1, Nutrition Score:0.98956520369519%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 33.13kcal (1.66%), Fat: 1.03g (1.59%), Saturated Fat: 0.64g (4%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.6g (2.04%), Sugar: 3.5g (3.89%), Cholesterol: 2.51mg (0.84%), Sodium: 33.76mg (1.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.89%), Manganese: 0.09mg (4.45%), Selenium: 1.62µg (2.31%), Magnesium: 7.21mg (1.8%), Iron: 0.31mg (1.7%), Vitamin B1: 0.02mg (1.52%), Copper: 0.03mg (1.47%), Folate: 5.17µg (1.29%), Potassium: 39.36mg (1.12%), Vitamin B2: 0.02mg (1.02%)