



Cinnamon-Ginger Cookies (Biscotti dello Canella-Zenzero)

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



69 kcal

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 6 tablespoons butter softened
- 3 tablespoons milk fat-free
- 1.5 cups flour all-purpose
- 1.5 teaspoons ground cinnamon
- 0.1 teaspoon ground cloves
- 0.3 teaspoon ground ginger

- 3 tablespoons blackstrap molasses
- 0.1 teaspoon nutmeg grated
- 1 Dash salt
- 0.8 cup sugar divided
- 1 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- blender
- measuring cup

Directions

- Preheat oven to 35
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 6 ingredients (through salt), stirring with a whisk.
- Combine butter and 1/4 cup sugar in a medium bowl, and beat with a mixer at medium speed until light and fluffy (about 3 minutes). Beat in 3 tablespoons milk, molasses, and vanilla extract.
- Add flour mixture to butter mixture, and beat on low speed until blended. Shape dough into a 6-inch disk. Cover and chill for 30 minutes.
- Lightly coat hands with cooking spray. Shape dough into 30 balls (about 2 teaspoons each).
- Place remaining 1/2 cup sugar in a shallow bowl.
- Roll dough balls in sugar; place 2 inches apart on baking sheets coated with cooking spray. Flatten balls slightly with the bottom of a glass.
- Bake at 350 for 12 minutes or until lightly browned. Cool on pans 4 minutes.
- Remove cookies from pans; cool completely on wire racks.

Nutrition Facts



■ PROTEIN 4.16% ■ FAT 30.36% ■ CARBS 65.48%

Properties

Glycemic Index:11.58, Glycemic Load:7.63, Inflammation Score:-1, Nutrition Score:1.4017391370852%

Nutrients (% of daily need)

Calories: 69.14kcal (3.46%), Fat: 2.36g (3.63%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 11.21g (4.08%), Sugar: 6.6g (7.33%), Cholesterol: 6.07mg (2.02%), Sodium: 48.24mg (2.1%), Alcohol: 0.05g (100%), Alcohol %: 0.32% (100%), Protein: 0.73g (1.45%), Manganese: 0.1mg (5.1%), Selenium: 2.58µg (3.68%), Vitamin B1: 0.05mg (3.4%), Folate: 11.57µg (2.89%), Iron: 0.4mg (2.22%), Vitamin B2: 0.04mg (2.06%), Vitamin B3: 0.39mg (1.97%), Magnesium: 6.6mg (1.65%), Vitamin A: 73.35IU (1.47%), Potassium: 40.13mg (1.15%)