Crispy Gingersnaps

Dairy Free

READY IN	SERVINGS	CALORIES
22 min.	36	94 kcal

DESSERT

Ingredients

- [ ] 2 teaspoons baking soda
- [ ] 1 eggs
- [ ] 2 cups flour all-purpose
- [ ] 1 teaspoon ground cinnamon
- [ ] 1 tablespoon ground ginger
- [ ] 0.3 cup blackstrap molasses
- [ ] 0.5 teaspoon salt
- [ ] 0.8 cup shortening

- [ ] 1 cup sugar white

Equipment

- [ ] bowl
- [ ] baking sheet
- [ ] oven
- [ ] wire rack

Directions

- [ ] Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- [ ] In a large bowl, cream the shortening and sugar.
- [ ] Add the egg and beat until light and fluffy, then stir in the molasses. In a separate bowl, mix together the flour, baking soda, salt, ginger and cinnamon.
- [ ] Add to the egg mixture and stir until well blended.
- [ ] Roll bits of dough into 1 inch balls. Dip each ball in sugar and place on cookie sheet, sugared side up about 2 inches apart.
- [ ] Bake for 10 to 12 minutes, until cookies have spread and tops have cracked.
- [ ] Let cool on wire rack.

Nutrition Facts

PROTEIN **3.74%** FAT **42.54%** CARBS **53.72%**

Properties

Glycemic Index:5.39, Glycemic Load:8.48, Inflammation Score:-1, Nutrition Score:1.7599999820409%

Nutrients (% of daily need)

Calories: 93.56kcal (4.68%), Fat: 4.48g (6.9%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 12.5g (4.54%), Sugar: 7.32g (8.14%), Cholesterol: 4.55mg (1.52%), Sodium: 96.11mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Manganese: 0.14mg (6.99%), Selenium: 3.26µg (4.66%), Vitamin B1: 0.06mg (3.79%), Folate: 13.3µg (3.33%), Iron: 0.49mg (2.73%), Vitamin B2: 0.04mg (2.43%), Vitamin B3: 0.45mg (2.23%), Vitamin K: 2.32µg (2.2%), Magnesium: 7.67mg (1.92%), Vitamin E: 0.28mg (1.87%), Potassium: 45.48mg (1.3%), Copper: 0.02mg (1.18%), Phosphorus: 10.91mg (1.09%), Vitamin B6: 0.02mg (1.09%)