



Fat Free Gingerbread Cookies

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



145 kcal

DESSERT

Ingredients

- 2 cups flour
- 0.3 cup flour whole wheat
- 1 tsp baking soda
- 0.3 tsp salt
- 1.5 tsp ground ginger
- 2 tsp cinnamon
- 0.3 tsp ground cloves
- 0.5 tsp pepper black

- 0.5 tsp nutmeg fresh
- 0.3 tsp ground allspice
- 1 cup t brown sugar dark
- 0.3 cup blackstrap molasses
- 0.3 cup apple sauce
- 1 tsp vanilla extract
- 0.3 tsp maple extract
- 1 Tbsp chai concentrate
- 2 large egg whites
- 0.5 cup candied ginger
- 0.5 cup granulated sugar (for coating)
- 1 tsp cinnamon (for coating)

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- hand mixer

Directions

- Sift together flour, baking soda, salt and spices. Set aside.
- In a large bowl combine brown sugar, molasses, apple sauce, vanilla extract, maple extract, chai concentrate. Beat with an electric mixer for about four minutes, until smooth.
- Add egg whites and beat for another minute until well combined.
- Slowly whisk in dry ingredients and beat until completely incorporated. Stir in candied ginger. Chill dough for at least one hour. (I chilled mine overnight)
- Preheat oven to 35

- Line a cookie sheet with parchment paper, or grease with cooking spray.
- Combine granulated sugar with cinnamon in a shallow bowl. Scoop one tablespoon of cookie dough and place in the shallow bowl. Using your hands, coat the dough with the cinnamon sugar and shape into balls.
- Place cookie dough on prepared cookie sheet leaving about 3 inches between each cookie.
- Bake for 10–12 minutes.
- Remove from oven and transfer to a rack to cool.
- Makes about 20 cookies.

Nutrition Facts



PROTEIN 5.2% **FAT 1.4%** **CARBS 93.4%**

Properties

Glycemic Index:15.8, Glycemic Load:12.26, Inflammation Score:-2, Nutrition Score:3.6434782608696%

Flavonoids

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Taste

Sweetness: 100%, Saltiness: 6.33%, Sourness: 1.01%, Bitterness: 1.87%, Savoriness: 3.33%, Fattiness: 4.92%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 144.75kcal (7.24%), Fat: 0.23g (0.35%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 33.45g (12.16%), Sugar: 22.91g (25.46%), Cholesterol: 0mg (0%), Sodium: 103.78mg (4.51%), Protein: 1.91g (3.81%), Manganese: 0.38mg (19.01%), Selenium: 7.09µg (10.13%), Vitamin B1: 0.11mg (7.29%), Folate: 24.01µg

(6%), Iron: 1.06mg (5.89%), Magnesium: 20.7mg (5.17%), Vitamin B2: 0.08mg (4.8%), Vitamin B3: 0.9mg (4.52%), Potassium: 128.62mg (3.67%), Fiber: 0.8g (3.18%), Copper: 0.06mg (3.11%), Vitamin B6: 0.06mg (2.83%), Calcium: 28.18mg (2.82%), Phosphorus: 22.43mg (2.24%), Vitamin B5: 0.13mg (1.34%), Zinc: 0.16mg (1.09%)