



Fresh Ginger Cookies

 Vegetarian

READY IN



105 min.

SERVINGS



30

CALORIES



111 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup butter softened
- 1 eggs
- 2.3 cups flour all-purpose
- 2 tablespoons ginger fresh grated
- 0.3 cup blackstrap molasses
- 0.5 teaspoon salt
- 1 cup sugar white

Equipment

- baking sheet
- oven
- mixing bowl

Directions

- In a large mixing bowl, combine flour, soda, and salt. In a separate bowl, beat ginger, butter, and 1 cup sugar until light and fluffy. Beat in molasses and egg. Gently fold in flour mixture until just combined. Chill for 1 hour.
- Preheat oven to 350 degrees F (175 degrees C).
- Roll dough into 1 1/2 inch balls and then roll them in sugar.
- Place 2 inches apart on ungreased baking sheets.
- Bake until edges start to brown, about 15 minutes. Centers will be slightly soft.
- Let stand on cookie sheets 1 minute and remove to racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:10.77, Inflammation Score:-2, Nutrition Score:2.0686956520152%

Nutrients (% of daily need)

Calories: 111.1kcal (5.55%), Fat: 4.86g (7.48%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 15.73g (5.72%), Sugar: 8.79g (9.77%), Cholesterol: 17.66mg (5.89%), Sodium: 115.16mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Selenium: 4.23µg (6.04%), Manganese: 0.11mg (5.44%), Vitamin B1: 0.08mg (5.05%), Folate: 18.07µg (4.52%), Iron: 0.6mg (3.34%), Vitamin B2: 0.06mg (3.32%), Vitamin A: 149.74IU (2.99%), Vitamin B3: 0.59mg (2.93%), Magnesium: 9.35mg (2.34%), Potassium: 56.5mg (1.61%), Phosphorus: 15.42mg (1.54%), Copper: 0.03mg (1.49%), Vitamin B6: 0.03mg (1.32%), Fiber: 0.26g (1.05%), Vitamin E: 0.15mg (1.03%)