



Frosted Ginger Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



35

CALORIES



104 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup butter at room temperature
- ☐ 1 teaspoon cinnamon
- ☐ 1 eggs
- ☐ 2 cups flour sifted
- ☐ 1 cup granulated sugar plus more for rolling cookies
- ☐ 0.5 teaspoon ground cloves
- ☐ 1.5 teaspoons ground ginger

- ☐ 1 teaspoon juice of lemon
- ☐ 3 tablespoons blackstrap molasses
- ☐ 0.5 teaspoon nutmeg freshly ground
- ☐ 1 cup powdered sugar
- ☐ 0.5 teaspoon salt

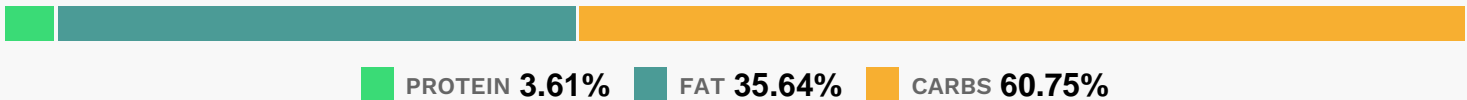
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ In a large bowl, cream 1 cup granulated sugar with butter until light and fluffy, about 3 minutes.
- ☐ Mix in egg and molasses.
- ☐ In a medium bowl, stir together flour, baking soda, and spices.
- ☐ Add to butter mixture and blend well.
- ☐ Fill a shallow bowl with granulated sugar. Break off walnut-size pieces of dough and roll into balls; roll balls in sugar. Arrange on greased cookie sheets and bake until golden brown, about 10 minutes.
- ☐ Transfer to cooling racks.
- ☐ Combine powdered sugar with 1 tbsp. water and stir until smooth, then stir in lemon juice.
- ☐ Drizzle glaze over cookies.

Nutrition Facts



Properties

Glycemic Index:8.97, Glycemic Load:8.5, Inflammation Score:-1, Nutrition Score:1.7108695698173%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 103.67kcal (5.18%), Fat: 4.17g (6.42%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 15.76g (5.73%), Sugar: 10.38g (11.53%), Cholesterol: 15.13mg (5.04%), Sodium: 98.57mg (4.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Manganese: 0.13mg (6.61%), Selenium: 3.27µg (4.67%), Vitamin B1: 0.06mg (3.85%), Folate: 13.88µg (3.47%), Vitamin B2: 0.04mg (2.63%), Iron: 0.47mg (2.59%), Vitamin A: 128.62IU (2.57%), Vitamin B3: 0.45mg (2.25%), Magnesium: 6.32mg (1.58%), Phosphorus: 12.18mg (1.22%), Potassium: 37.68mg (1.08%), Copper: 0.02mg (1.06%), Fiber: 0.25g (1.01%)