

Ginger-Brown Sugar Cookies

airy Free







DESSERT

Ingredients

O.5 teaspoon baking soda
1 cup brown sugar packed
0.8 cup butter softened
0.5 cup candied ginger finely chopped
1 eggs
2 cups flour all-purpose
2 tablespoons granulated sugar
0.5 teaspoon ground ginger

	1 teaspoon vanilla	
Ec	quipment	
	bowl	
	baking sheet	
	oven	
	wire rack	
	hand mixer	
Di	rections	
	Heat oven to 375F. In large bowl, beat brown sugar, butter, vanilla and egg with electric mixer on medium speed, or mix with spoon. Stir in flour, baking soda and gingers.	
	Shape dough by rounded teaspoonfuls into 1-inch balls.	
	Place about 2 inches apart on ungreased cookie sheet. Flatten to 1/2-inch thickness with greased bottom of glass dipped in granulated sugar.	
	Bake cookies 8 to 10 minutes or until edges are set.	
	Remove from cookie sheet to wire rack; cool.	
Nutrition Facts		
	PROTEIN 3.93% FAT 38.27% CARBS 57.8%	
Properties		

Glycemic Index:4.03, Glycemic Load:4.3, Inflammation Score:-2, Nutrition Score:1.3930434804086%

Nutrients (% of daily need)

Calories: 93.48kcal (4.67%), Fat: 3.99g (6.15%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 13.38g (4.87%), Sugar: 8.1g (9%), Cholesterol: 4.55mg (1.52%), Sodium: 63.7mg (2.77%), Alcohol: 0.04g (100%), Alcohol %: 0.22% (100%), Protein: 0.92g (1.85%), Selenium: 2.82µg (4.03%), Vitamin B1: 0.06mg (3.7%), Vitamin A: 175.77IU (3.52%), Folate: 13.39µg (3.35%), Manganese: 0.06mg (3.06%), Vitamin B2: 0.04mg (2.47%), Iron: 0.39mg (2.18%), Vitamin B3: 0.42mg (2.11%), Phosphorus: 11.31mg (1.13%), Vitamin E: 0.16mg (1.09%)