



Ginger Butter Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



193 kcal

DESSERT

Ingredients

- ☐ 1.3 cups brown sugar packed
- ☐ 1 cup butter softened
- ☐ 2 eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon ground ginger
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.5 teaspoon salt

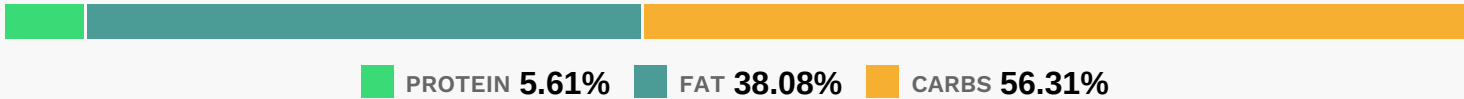
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Lightly grease two baking sheets.
- ☐ Combine flour, ginger, cinnamon and salt and set aside.
- ☐ In large bowl, cream butter and brown sugar. Beat in eggs. Beat in lemon zest. Gradually blend in dry ingredients.
- ☐ Roll out dough on floured surface to about 1/4 inch thickness.
- ☐ Cut out cookies using a 2 inch round cookie cutter.
- ☐ Place 1 inch apart on prepared cookie sheets.
- ☐ Bake 12–15 minutes or until lightly colored. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:11.51, Inflammation Score:-3, Nutrition Score:3.9604347740179%

Nutrients (% of daily need)

Calories: 193.36kcal (9.67%), Fat: 8.23g (12.67%), Saturated Fat: 5.01g (31.34%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 26.75g (9.73%), Sugar: 11.2g (12.45%), Cholesterol: 33.98mg (11.33%), Sodium: 118.16mg (5.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Selenium: 8.54µg (12.2%), Manganese: 0.23mg (11.72%), Vitamin B1: 0.17mg (11.04%), Folate: 40.28µg (10.07%), Vitamin B2: 0.12mg (7.25%), Iron: 1.16mg (6.46%), Vitamin B3: 1.27mg (6.35%), Vitamin A: 256.49IU (5.13%), Phosphorus: 32.9mg (3.29%), Fiber: 0.64g (2.56%), Copper: 0.04mg (1.97%), Vitamin E: 0.27mg (1.82%), Calcium: 18.12mg (1.81%), Vitamin B5: 0.17mg (1.74%), Magnesium: 6.75mg (1.69%), Zinc: 0.21mg (1.43%), Potassium: 48.05mg (1.37%), Vitamin B6: 0.02mg (1.09%)