



## Ginger-Chip Gingerbread Cookies



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



36

CALORIES



122 kcal

DESSERT

### Ingredients

- ☐ 17.5 oz betty limited edition gingerbread cookie mix
- ☐ 0.5 cup peppermint candies white
- ☐ 0.5 cup semisweet chocolate chips miniature
- ☐ 0.5 cup candied ginger chopped ( if large)
- ☐ 0.5 cup slivered almonds
- ☐ 0.5 cup butter softened
- ☐ 1 tablespoon water
- ☐ 1 tablespoon water

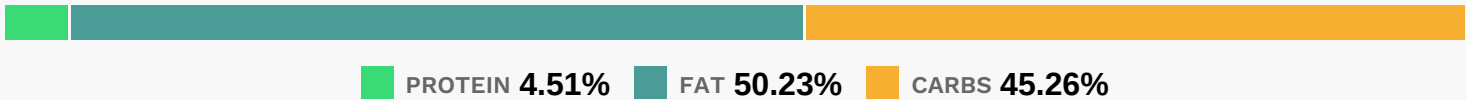
# Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

# Directions

- ☐ Heat oven to 350°F. Line cookie sheets with cooking parchment paper or silicone nonstick baking mat.
- ☐ Stir together Dry
- ☐ Mix from jar with required Wet
- ☐ Mix ingredients until well mixed. Scoop dough about 2 inches apart onto cookie sheets.
- ☐ Bake 11 to 13 minutes.

# Nutrition Facts



# Properties

Glycemic Index:1.67, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:8.1752173336952%

# Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 121.54kcal (6.08%), Fat: 7.44g (11.44%), Saturated Fat: 4.28g (26.72%), Carbohydrates: 15.07g (5.02%), Net Carbohydrates: 12.59g (4.58%), Sugar: 5.68g (6.31%), Cholesterol: 6.98mg (2.33%), Sodium: 30.16mg (1.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Manganese: 2.26mg (113.06%), Iron: 2.98mg (16.56%), Calcium: 105.77mg (10.58%), Fiber: 2.49g (9.96%), Magnesium: 28.65mg (7.16%), Copper: 0.12mg (6.16%), Vitamin

E: 0.74mg (4.95%), Vitamin K: 4.37µg (4.16%), Vitamin C: 3.22mg (3.91%), Potassium: 121.75mg (3.48%), Phosphorus: 32.78mg (3.28%), Zinc: 0.46mg (3.09%), Vitamin B6: 0.06mg (2.92%), Selenium: 1.65µg (2.36%), Vitamin A: 116.41IU (2.33%), Vitamin B2: 0.04mg (2.27%), Vitamin B3: 0.39mg (1.96%), Vitamin B1: 0.02mg (1.49%), Folate: 4.06µg (1.02%)