



Ginger Chocolate Cookies

READY IN



45 min.

SERVINGS



1

CALORIES



4986 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 8 ounces bittersweet chocolate finely chopped
- ☐ 1.5 teaspoons cinnamon
- ☐ 1 eggs
- ☐ 2 cups flour
- ☐ 0.3 cup granulated sugar
- ☐ 2.5 tablespoons ground ginger
- ☐ 1 cup brown sugar light packed
- ☐ 0.3 cup blackstrap molasses

- ☐ 1.5 teaspoons nutmeg freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup butter unsalted plus more for baking sheet
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Butter a large baking sheet and set aside. In a medium bowl, whisk flour, cocoa powder, ginger, baking soda, cinnamon, nutmeg, and salt until thoroughly combined. Set aside.
- ☐ In a large bowl, beat 3/4 cup butter and the brown sugar until light and fluffy, about 3 minutes.
- ☐ Add molasses, egg, and vanilla; beat to combine.
- ☐ Mix in dry ingredients gently but thoroughly, scraping down sides of the bowl as necessary. (Batter will be thick.) Stir in chopped chocolate until well combined.
- ☐ Form batter into 2-tbsp. balls, roll each ball in granulated sugar, and place 12 balls on buttered baking sheet. (If batter is too sticky, dampen your hands with water when forming balls.) Dip the bottom of a cup or glass in water and use it to flatten balls to a thickness of about 1/4 in., rewetting glass as necessary to prevent sticking.
- ☐ Bake cookies 5 minutes, turn pan 180, and bake until just set, about 5 minutes more. Cool on pan for 5 minutes, then transfer to cooling racks. Repeat forming and baking with remaining balls of dough.

Nutrition Facts



 PROTEIN 4.24%  FAT 41.96%  CARBS 53.8%

Properties

Glycemic Index:264.09, Glycemic Load:212.89, Inflammation Score:-10, Nutrition Score:71.120869827011%

Flavonoids

Catechin: 18.58mg, Catechin: 18.58mg, Catechin: 18.58mg, Catechin: 18.58mg Epicatechin: 56.31mg, Epicatechin: 56.31mg, Epicatechin: 56.31mg, Epicatechin: 56.31mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 4985.67kcal (249.28%), Fat: 237.49g (365.37%), Saturated Fat: 142.63g (891.42%), Carbohydrates: 685.19g (228.4%), Net Carbohydrates: 645.71g (234.8%), Sugar: 429.42g (477.13%), Cholesterol: 543.33mg (181.11%), Sodium: 3564.4mg (154.97%), Alcohol: 1.38g (100%), Alcohol %: 0.16% (100%), Caffeine: 260.98mg (86.99%), Protein: 54g (108%), Manganese: 12.05mg (602.36%), Copper: 4.96mg (247.95%), Iron: 39.12mg (217.36%), Magnesium: 864.13mg (216.03%), Selenium: 148.28µg (211.83%), Fiber: 39.48g (157.92%), Vitamin B1: 2.14mg (142.35%), Phosphorus: 1262.53mg (126.25%), Folate: 498.75µg (124.69%), Potassium: 3809.32mg (108.84%), Vitamin B2: 1.72mg (100.97%), Vitamin B3: 19.71mg (98.57%), Vitamin A: 4621.21IU (92.42%), Zinc: 11.33mg (75.55%), Calcium: 687.28mg (68.73%), Vitamin B6: 1.04mg (52.22%), Vitamin E: 6mg (39.99%), Vitamin B5: 3.75mg (37.5%), Vitamin K: 30.88µg (29.41%), Vitamin D: 3.43µg (22.89%), Vitamin B12: 1.09µg (18.15%)