



Ginger Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



52

CALORIES



42 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon mace
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup blackstrap molasses

☐ 0.7 cup sugar divided

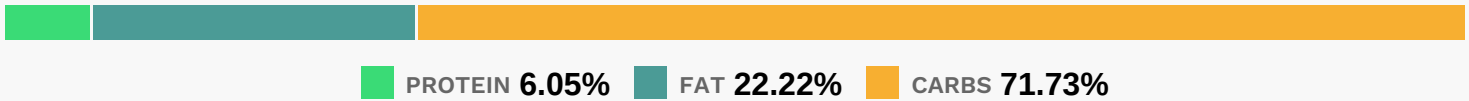
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 35
- ☐ Beat 2/3 cup sugar and margarine at medium speed of a mixer until well-blended.
- ☐ Add molasses and egg; beat well.
- ☐ Combine flour, baking soda, ginger, cinnamon, and mace; gradually add to sugar mixture. Stir until well-blended. Divide in half. Wrap each portion in plastic wrap; freeze for 30 minutes.
- ☐ Shape each portion of dough into 26 (1-inch) balls; roll in 3 tablespoons sugar.
- ☐ Place, 2 inches apart, on baking sheets coated with cooking spray.
- ☐ Bake at 350 for 12 minutes or until lightly browned.
- ☐ Remove from sheets; let cool on wire racks. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.73, Glycemic Load:4.98, Inflammation Score:-1, Nutrition Score:1.0991304364541%

Nutrients (% of daily need)

Calories: 41.61kcal (2.08%), Fat: 1.04g (1.59%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 7.36g (2.68%), Sugar: 3.79g (4.21%), Cholesterol: 3.58mg (1.19%), Sodium: 54.5mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Manganese: 0.08mg (3.89%), Selenium: 2.25µg (3.22%), Vitamin B1: 0.04mg (2.6%), Folate: 9.28µg (2.32%), Iron: 0.33mg (1.84%), Vitamin B2: 0.03mg (1.72%), Vitamin B3: 0.3mg (1.52%), Magnesium: 5.26mg (1.32%)