



Ginger Cookies

 Vegetarian

READY IN



37 min.

SERVINGS



36

CALORIES



94 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose sifted
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sugar plus more for rolling
- ☐ 0.8 cup vegetable shortening

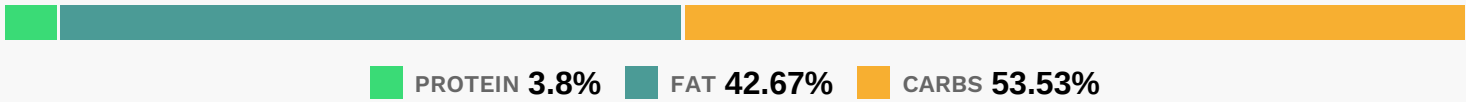
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Line cookie sheets with parchment paper or nonstick baking mats. Using an electric mixer at low speed, cream the shortening and sugar until thoroughly combined.
- ☐ Add the egg and molasses and beat until completely incorporated. Sift together the flour, baking soda, cinnamon, ginger, cloves and salt and add to the mixture. Stir until combined.
- ☐ Roll the dough into balls about 1-inch in diameter.
- ☐ Roll the balls in sugar.
- ☐ Place 1/2-inch apart on the prepared cookie sheets. Flatten the balls slightly with your fingertips.
- ☐ Bake for 12 minutes. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:5.39, Glycemic Load:8.48, Inflammation Score:-1, Nutrition Score:1.740869568094%

Nutrients (% of daily need)

Calories: 93.59kcal (4.68%), Fat: 4.5g (6.92%), Saturated Fat: 1.13g (7.03%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 12.46g (4.53%), Sugar: 7.32g (8.13%), Cholesterol: 5.17mg (1.72%), Sodium: 96.4mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Manganese: 0.13mg (6.44%), Selenium: 3.27µg (4.67%),

Vitamin B1: 0.06mg (3.8%), Folate: 13.38µg (3.34%), Iron: 0.48mg (2.68%), Vitamin B2: 0.04mg (2.47%), Vitamin K: 2.35µg (2.24%), Vitamin B3: 0.44mg (2.2%), Magnesium: 7.58mg (1.9%), Vitamin E: 0.28mg (1.9%), Potassium: 44.89mg (1.28%), Copper: 0.02mg (1.17%), Phosphorus: 11.13mg (1.11%), Vitamin B6: 0.02mg (1.08%)