

Ginger Crinkles

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 tablespoon crystallized ginger chopped
- ☐ 0.7 cup brown sugar dark packed
- ☐ 1 large egg white
- ☐ 1.3 cups flour all-purpose
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger

- ☐ 0.3 cup butter softened
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.8 cup wheat germ toasted

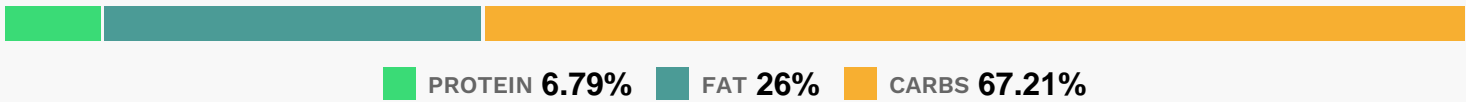
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Beat brown sugar and margarine at medium speed of a mixer until light and fluffy.
- ☐ Add molasses and egg white; beat well. Stir in crystallized ginger.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, wheat germ, baking soda, ground ginger, and cinnamon. Stir into molasses mixture. Cover; freeze 20 minutes.
- ☐ Preheat oven to 35
- ☐ Lightly coat hands with cooking spray. Shape the dough into 30 balls, about 1 tablespoon each.
- ☐ Roll the balls in the granulated sugar.
- ☐ Place the balls 2 inches apart on baking sheets coated with cooking spray.
- ☐ Bake at 350 for 10 minutes. Cool cookies on pans for 3 minutes.
- ☐ Remove from pans, and cool the cookies completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:4.55, Inflammation Score:-2, Nutrition Score:3.369130468158%

Nutrients (% of daily need)

Calories: 80.54kcal (4.03%), Fat: 2.38g (3.65%), Saturated Fat: 0.48g (3%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 13.24g (4.81%), Sugar: 7.92g (8.8%), Cholesterol: 0mg (0%), Sodium: 101.52mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.79%), Manganese: 0.5mg (25.02%), Selenium: 4.98µg (7.12%), Vitamin B1: 0.1mg (6.61%), Folate: 18.38µg (4.59%), Magnesium: 15.71mg (3.93%), Iron: 0.63mg (3.47%), Phosphorus: 32.17mg (3.22%), Vitamin B6: 0.06mg (3.07%), Vitamin B3: 0.56mg (2.82%), Vitamin B2: 0.05mg (2.82%), Zinc: 0.41mg (2.71%), Copper: 0.05mg (2.39%), Potassium: 83.13mg (2.38%), Fiber: 0.57g (2.3%), Vitamin A: 90.44IU (1.81%), Calcium: 13.36mg (1.34%), Vitamin B5: 0.12mg (1.23%)