



Ginger Leaf Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



149 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.8 cup firmly brown sugar dark packed
- 1 cup butter plus more for pans at room temperature
- 3 tablespoons crystallized ginger minced
- 1 large eggs
- 2.3 cups flour all-purpose
- 1 tablespoon milk
- 0.3 teaspoon salt

- 2 tbsp coarse sugar crystals
- 2 teaspoons vanilla

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- blender
- rolling pin

Directions

- Preheat oven to 325 and butter 2 or 3 baking sheets.
- In a large bowl with a mixer on medium speed, beat butter, sugar, and vanilla until smooth. In another bowl, whisk together flour, ginger, baking powder, and salt. Reduce speed to low and beat or stir in flour mixture until blended. Beat on medium speed until dough forms a ball. Divide dough in half.
- Transfer dough to a lightly floured surface. With a lightly floured rolling pin, roll each half into a 1/8-in. thick round.
- Cut out cookies with a floured 3- to 4-in. leaf-shaped cutter.
- Place cookies 1/2 in. apart on prepared pans. Gather excess dough into a ball to reroll and cut out remaining cookies.
- With the back of knife, lightly press a decorative vein pattern into cookies. In a small bowl, beat together egg and milk.
- Brush over cookies and sprinkle with sugar.
- Bake cookies until edges are just beginning to brown, 12 to 15 minutes, switching pan positions halfway through baking (if using a third pan, bake it separately). Cool completely on baking sheets, then transfer to an airtight container.

Nutrition Facts



■ PROTEIN **4.23%** ■ FAT **48.2%** ■ CARBS **47.57%**

Properties

Glycemic Index:13.55, Glycemic Load:7.2, Inflammation Score:-2, Nutrition Score:2.3099999712861%

Nutrients (% of daily need)

Calories: 148.82kcal (7.44%), Fat: 8.01g (12.32%), Saturated Fat: 4.96g (30.98%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 17.47g (6.35%), Sugar: 8.73g (9.7%), Cholesterol: 28.16mg (9.39%), Sodium: 99.46mg (4.32%), Alcohol: 0.11g (100%), Alcohol %: 0.43% (100%), Protein: 1.58g (3.16%), Selenium: 4.81µg (6.87%), Vitamin B1: 0.09mg (6.25%), Folate: 22.78µg (5.69%), Vitamin A: 248.63IU (4.97%), Manganese: 0.09mg (4.29%), Vitamin B2: 0.07mg (4.24%), Iron: 0.64mg (3.56%), Vitamin B3: 0.71mg (3.54%), Phosphorus: 21.8mg (2.18%), Vitamin E: 0.25mg (1.66%), Calcium: 16.63mg (1.66%), Fiber: 0.32g (1.27%), Copper: 0.02mg (1.1%), Vitamin B5: 0.11mg (1.05%)