



Ginger-Lemon Delights

 Dairy Free

READY IN



70 min.

SERVINGS



36

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup candied ginger finely chopped
- 1 eggs
- 1.3 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 tablespoon ground ginger
- 4 teaspoons juice of lemon
- 1 teaspoon lemon zest grated
- 0.3 cup blackstrap molasses light ()

- 1 cup powdered sugar
- 0.5 cup shortening
- 1 pouch sugar cookie mix (1 lb 1.5 oz)

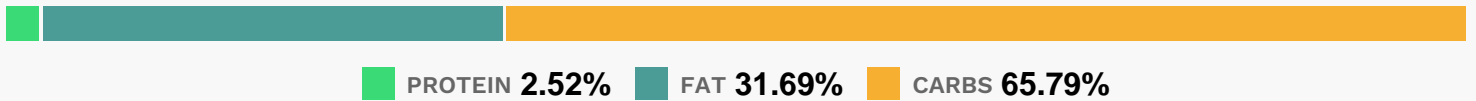
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 375F. In large bowl, stir cookie ingredients until very soft dough forms (dough will be sticky).
- On ungreased cookie sheets, drop dough with 1 tablespoon-size cookie scoop or by tablespoonfuls about 2 inches apart.
- Bake 8 to 10 minutes or until edges are light golden brown. Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely, about 30 minutes.
- In small bowl, stir powdered sugar, lemon peel and lemon juice until smooth.
- Spread glaze on cookies.
- Sprinkle with crystallized ginger.

Nutrition Facts



Properties

Glycemic Index:1.36, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:0.94478259915891%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 104.86kcal (5.24%), Fat: 3.73g (5.73%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 17.32g (6.3%), Sugar: 12.17g (13.52%), Cholesterol: 4.55mg (1.52%), Sodium: 42.5mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Manganese: 0.13mg (6.41%), Magnesium: 6.33mg (1.58%), Vitamin K: 1.62µg (1.54%), Vitamin E: 0.19mg (1.3%), Selenium: 0.9µg (1.28%), Iron: 0.23mg (1.26%), Potassium: 39.28mg (1.12%)