



Ginger-Lemon Pinwheel Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



66 kcal

DESSERT

Ingredients

- 0.3 cup t brown sugar dark packed
- 1 large egg whites
- 1 large egg yolk
- 1.3 cups flour all-purpose
- 0.7 cup granulated sugar
- 1 Dash ground allspice
- 0.8 teaspoon ground cinnamon
- 0.8 teaspoon ground ginger

- 0.1 teaspoon nutmeg
- 2 teaspoons lemon zest grated
- 0.3 cup blackstrap molasses
- 0.3 teaspoon salt
- 0.3 cup butter unsalted softened
- 5 tablespoons butter unsalted softened
- 0.8 teaspoon vanilla extract

Equipment

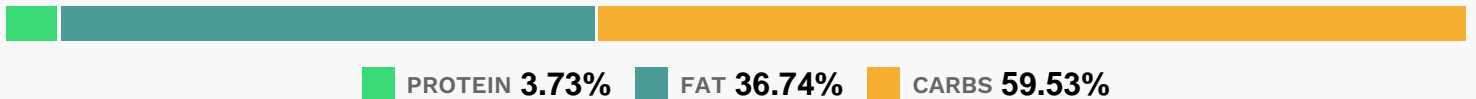
- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- blender
- plastic wrap
- measuring cup

Directions

- To prepare ginger dough, place 1/4 cup butter and brown sugar in a medium bowl; beat with a mixer at medium speed until well combined (about 3 minutes).
- Add molasses and egg yolk; beat until well blended. Weigh or lightly spoon 6 ounces (about 1 1/3 cups) flour into dry measuring cups; level with a knife.
- Combine 6 ounces flour, ginger, and next 4 ingredients (through allspice); stir with a whisk.
- Add flour mixture to butter mixture; beat at low speed just until combined. Wrap dough in plastic wrap; chill 30 minutes.
- To prepare lemon dough, place 5 tablespoons butter and granulated sugar in a medium bowl; beat with a mixer at medium speed until blended (about 3 minutes).

- Add egg white; beat until blended. Beat in rind and vanilla. Weigh or lightly spoon 6 ounces (about 1 1/3 cups) flour into dry measuring cups; level with a knife.
- Combine 6 ounces flour and 1/4 teaspoon salt.
- Add flour mixture to butter mixture; beat at low speed just until combined. Wrap dough in plastic wrap; chill 30 minutes.
- Unwrap ginger dough.
- Roll ginger dough between sheets of plastic wrap into a 13 x 8 1/2 inch rectangle (3/16 inch thick); chill 10 minutes. Unwrap lemon dough.
- Roll lemon dough between sheets of plastic wrap into a 13 x 9 inch rectangle (3/16 inch thick); chill 10 minutes. Carefully stack ginger dough on top of lemon dough, leaving a 1/2-inch border along one long edge. Starting with the long side without a border, roll up dough, jelly-roll fashion. Seal edges (do not seal ends of roll). Cover with plastic wrap; freeze 30 minutes.
- Preheat oven to 35
- Unwrap dough.
- Cut with a sharp knife into 40 slices (about 1/4 inch thick). Reshape rounds, if necessary. Arrange slices 1 inch apart on baking sheets lined with parchment paper.
- Bake, 1 batch at a time, at 350 for 8 to 9 minutes or until set and lightly browned. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:6.98, Glycemic Load:5.33, Inflammation Score:-1, Nutrition Score:1.2247826029425%

Nutrients (% of daily need)

Calories: 66.24kcal (3.31%), Fat: 2.75g (4.23%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 9.86g (3.58%), Sugar: 6.72g (7.46%), Cholesterol: 11.4mg (3.8%), Sodium: 17.93mg (0.78%), Alcohol: 0.03g (100%), Alcohol %: 0.2% (100%), Protein: 0.63g (1.25%), Manganese: 0.08mg (4.17%), Selenium: 2.29µg (3.27%), Vitamin B1: 0.03mg (2.31%), Folate: 8.43µg (2.11%), Iron: 0.34mg (1.86%), Vitamin A: 85.76IU (1.72%), Vitamin B2: 0.03mg (1.67%), Magnesium: 6.56mg (1.64%), Vitamin B3: 0.28mg (1.38%), Potassium: 41.76mg (1.19%)