



Ginger-Molasses Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



15

CALORIES



203 kcal

DESSERT

Ingredients

- ☐ 0.3 cup crystallized ginger chopped ()
- ☐ 15 servings granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 teaspoons blackstrap molasses
- ☐ 15 servings basic cookie dough

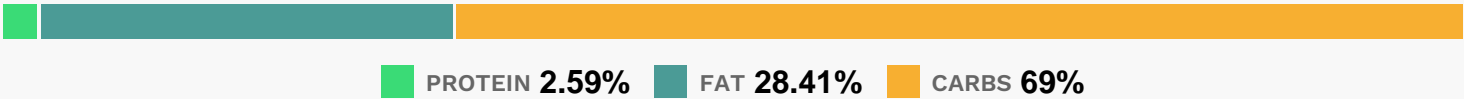
Equipment

- ☐ baking sheet

Directions

- ☐ Prepare Basic Cookie Dough, stirring ground ginger, ground cinnamon, ground nutmeg, ground cloves, and crystallized ginger in with the dry ingredients in step 2, and adding molasses at the same time as the egg white and vanilla extract in step
- ☐ Roll dough by tablespoons into balls, then roll them in granulated sugar.
- ☐ Place on baking sheets, flatten slightly, and follow baking instructions for basic cookie. Store the cookies for 2 weeks in an airtight container at room temperature, or several months in the freezer.

Nutrition Facts



Properties

Glycemic Index:12.61, Glycemic Load:8.69, Inflammation Score:-1, Nutrition Score:2.0456521841495%

Nutrients (% of daily need)

Calories: 203.37kcal (10.17%), Fat: 6.48g (9.98%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 35.43g (11.81%), Net Carbohydrates: 35.07g (12.75%), Sugar: 27.09g (30.1%), Cholesterol: 3.63mg (1.21%), Sodium: 97.02mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Manganese: 0.16mg (7.81%), Phosphorus: 56.29mg (5.63%), Folate: 20.83µg (5.21%), Vitamin B1: 0.07mg (4.55%), Vitamin B3: 0.81mg (4.06%), Iron: 0.68mg (3.78%), Vitamin K: 2.94µg (2.8%), Vitamin B2: 0.04mg (2.51%), Selenium: 1.3µg (1.86%), Potassium: 63.75mg (1.82%), Fiber: 0.35g (1.41%), Magnesium: 4.83mg (1.21%)