



Ginger-Oatmeal Sorghum Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



411 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 1 cup butter melted
- ☐ 2 large eggs lightly beaten
- ☐ 4 cups flour all-purpose
- ☐ 1.5 teaspoons ground ginger
- ☐ 4 cups quick-cooking oats
- ☐ 1.5 cups raisins
- ☐ 1.5 teaspoons salt

- ☐ 1 cup sorghum syrup
- ☐ 0.5 cup sugar
- ☐ 1.3 cups sugar
- ☐ 1 cup walnuts chopped
- ☐ 1 tablespoons water
- ☐ 2 tablespoons water hot

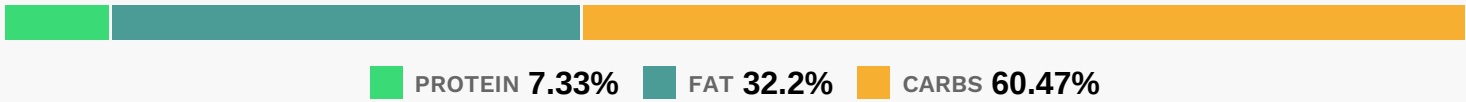
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 7 ingredients in a large bowl; add butter and next 4 ingredients, stirring until blended.
- ☐ Divide dough into 20 (2-inch) balls.
- ☐ Place 2 inches apart on lightly greased baking sheets; flatten each ball to 1/4-inch thickness.
- ☐ Brush tops with 1 to 2 tablespoons water, and sprinkle evenly with 1/2 cup sugar.
- ☐ Bake at 375 for 10 to 12 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:17.95, Glycemic Load:36.88, Inflammation Score:-6, Nutrition Score:11.197826227416%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 410.79kcal (20.54%), Fat: 15.22g (23.42%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 64.31g (21.44%), Net Carbohydrates: 60.35g (21.95%), Sugar: 17.94g (19.93%), Cholesterol: 18.6mg (6.2%), Sodium: 457.75mg

(19.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.6%), Manganese: 1.15mg (57.45%), Selenium: 16.07µg (22.95%), Vitamin B1: 0.34mg (22.79%), Phosphorus: 169.98mg (17%), Iron: 2.91mg (16.19%), Fiber: 3.96g (15.83%), Magnesium: 63.08mg (15.77%), Folate: 59.48µg (14.87%), Vitamin B2: 0.22mg (12.69%), Copper: 0.23mg (11.39%), Vitamin B3: 2.1mg (10.49%), Vitamin A: 434.2IU (8.68%), Potassium: 247.95mg (7.08%), Zinc: 0.97mg (6.44%), Vitamin B6: 0.09mg (4.48%), Vitamin E: 0.57mg (3.83%), Vitamin B5: 0.35mg (3.5%), Calcium: 29.56mg (2.96%)