



Ginger Snaps

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



72 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 4 ounces candied ginger finely chopped
- ☐ 7 ounces brown sugar dark
- ☐ 1 large eggs room temperature
- ☐ 9.5 ounces flour all-purpose
- ☐ 2 teaspoons ginger fresh finely grated
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cloves

- ☐ 1 tablespoon ground ginger
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 ounces blackstrap molasses
- ☐ 5 ounces butter unsalted room temperature

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ stand mixer
- ☐ spatula

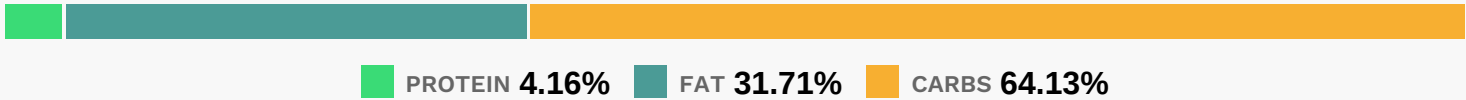
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. In a medium mixing bowl whisk together the flour, baking soda, ginger, cardamom, clove and salt.
- ☐ Place the brown sugar and butter into the bowl of a stand mixer fitted with the paddle attachment and beat on low speed until light and fluffy, 1 to 2 minutes.
- ☐ Add the molasses, egg and fresh ginger and beat on medium for 1 minute.
- ☐ Add the crystallized ginger and using a rubber spatula, stir to combine.
- ☐ Add the dry ingredients to the wet and stir until well combined. With a 2-teaspoon sized scoop, drop the dough onto a parchment lined half sheet pan approximately 2-inches apart.
- ☐ Bake on the middle rack of the oven for 12 minutes for slightly chewy cookies or 15 minutes for more crisp cookies. Rotate the pan halfway through cooking.
- ☐ Remove from the oven and allow the cookies to stay on the sheet pan for 30 seconds before transferring to a wire rack to cool completely. Repeat with all of the dough. Store in an airtight container for up 10 days. If desired, you may scoop and freeze the cookie dough on a sheet

pan and once frozen, place in a resealable bag to store.

☐ Bake directly from the freezer as above.

Nutrition Facts



Properties

Glycemic Index:2.9, Glycemic Load:3.68, Inflammation Score:-1, Nutrition Score:1.4534782654727%

Nutrients (% of daily need)

Calories: 72.06kcal (3.6%), Fat: 2.56g (3.94%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 11.47g (4.17%), Sugar: 7.15g (7.94%), Cholesterol: 10.22mg (3.41%), Sodium: 62.61mg (2.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.51%), Manganese: 0.12mg (6.09%), Selenium: 2.68µg (3.82%), Vitamin B1: 0.05mg (3.03%), Folate: 10.92µg (2.73%), Iron: 0.42mg (2.33%), Vitamin B2: 0.03mg (1.99%), Vitamin B3: 0.37mg (1.83%), Magnesium: 6.44mg (1.61%), Vitamin A: 79.49IU (1.59%), Potassium: 41.69mg (1.19%), Copper: 0.02mg (1.04%)