



Ginger Spice Cookies

READY IN



45 min.

SERVINGS



30

CALORIES



171 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 2 teaspoons baking soda
- ☐ 0.8 cup candied ginger chopped
- ☐ 1 cup t brown sugar dark packed ()
- ☐ 1 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 2.5 teaspoons ground ginger
- ☐ 0.3 cup blackstrap molasses light ()

- ☐ 0.8 teaspoon salt
- ☐ 30 servings sugar
- ☐ 0.3 cup butter unsalted room temperature ()
- ☐ 0.5 cup shortening room temperature

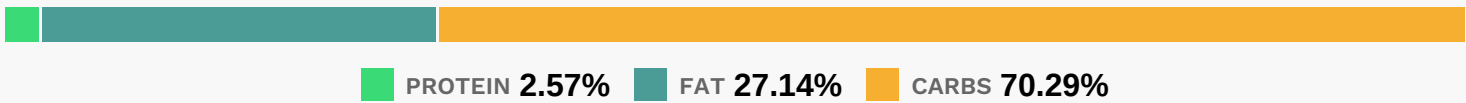
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Combine first 6 ingredients in medium bowl; whisk to blend.
- ☐ Mix in crystallized ginger. Using electric mixer, beat brown sugar, shortening and butter in large bowl until fluffy.
- ☐ Add egg and molasses and beat until blended.
- ☐ Add flour mixture and mix just until blended. Cover and refrigerate 1 hour.
- ☐ Preheat oven to 350°F. Lightly butter 2 baking sheets. Spoon sugar in thick layer onto small plate. Using wet hands, form dough into 1 1/4-inch balls; roll in sugar to coat completely.
- ☐ Place balls on prepared sheets, spacing 2 inches apart.
- ☐ Bake cookies until cracked on top but still soft to touch, about 12 minutes. Cool on sheets 1 minute. Carefully transfer to racks and cool. (Can be made 5 days ahead. Store airtight at room temperature.)

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:13.9, Inflammation Score:-1, Nutrition Score:2.3469565601453%

Nutrients (% of daily need)

Calories: 170.84kcal (8.54%), Fat: 5.25g (8.08%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 30.28g (11.01%), Sugar: 23.88g (26.53%), Cholesterol: 10.27mg (3.42%), Sodium: 137.95mg (6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Manganese: 0.21mg (10.64%), Selenium: 4.12µg (5.88%), Vitamin B1: 0.07mg (4.55%), Folate: 16.21µg (4.05%), Iron: 0.66mg (3.65%), Vitamin B2: 0.05mg (3.07%), Vitamin B3: 0.55mg (2.73%), Magnesium: 10.1mg (2.52%), Vitamin K: 2.1µg (2%), Vitamin E: 0.28mg (1.89%), Potassium: 65.85mg (1.88%), Copper: 0.03mg (1.64%), Calcium: 15.95mg (1.6%), Vitamin B6: 0.03mg (1.49%), Phosphorus: 14.31mg (1.43%), Fiber: 0.31g (1.23%), Vitamin B5: 0.12mg (1.21%), Vitamin A: 56.63IU (1.13%)