



## Ginger Tea Cake Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



96 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 1 ounce crystallized ginger minced
- ☐ 0.3 cup egg substitute frozen thawed
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger

- ☐ 0.5 cup butter   softened reduced-calorie
- ☐ 3 tablespoons sugar   divided
- ☐ 1 teaspoon vanilla extract

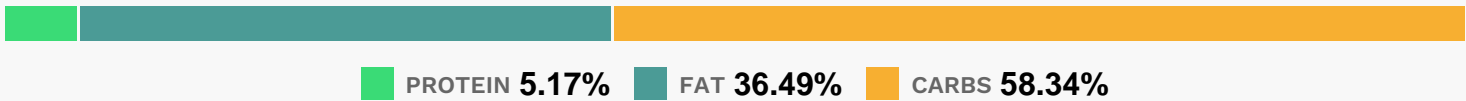
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Combine brown sugar and margarine in a medium bowl, stirring well. Stir in egg substitute and vanilla.
- ☐ Combine flour and next 4 ingredients, stirring well. Gradually add flour mixture to sugar mixture, mixing well. Stir in crystallized ginger. Cover and chill 2 to 3 hours.
- ☐ Shape dough into 1-inch balls, and roll balls in 2 tablespoons sugar.
- ☐ Place 2 inches apart on cookie sheets coated with cooking spray. Dip a fork in remaining 1 tablespoon sugar, and flatten cookies in a crisscross pattern.
- ☐ Bake at 375 for 7 to 8 minutes or until edges are lightly browned.
- ☐ Remove from cookie sheets, and let cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:6.88, Glycemic Load:6.08, Inflammation Score:-2, Nutrition Score:1.7869565239095%

## Nutrients (% of daily need)

Calories: 96.08kcal (4.8%), Fat: 3.91g (6.01%), Saturated Fat: 0.81g (5.03%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 13.78g (5.01%), Sugar: 6.93g (7.7%), Cholesterol: 0mg (0%), Sodium: 74.09mg (3.22%), Alcohol: 0.06g (100%), Alcohol %: 0.3% (100%), Protein: 1.24g (2.49%), Selenium: 4.2µg (6%), Vitamin B1: 0.08mg (5.01%), Folate: 17.19µg (4.3%), Manganese: 0.08mg (3.87%), Vitamin A: 175.08IU (3.5%), Vitamin B2: 0.06mg (3.35%), Iron: 0.51mg (2.86%), Vitamin B3: 0.55mg (2.76%), Phosphorus: 13.02mg (1.3%), Vitamin E: 0.19mg (1.28%), Fiber: 0.27g

(1.08%)