



Ginger Uniques

READY IN



45 min.

SERVINGS



36

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon crystallized ginger chopped
- 1.5 cups flour all-purpose
- 1 teaspoon ground ginger
- 1 tablespoon heavy whipping cream
- 0.3 teaspoon salt
- 0.5 cup shortening
- 0.5 cup sugar white

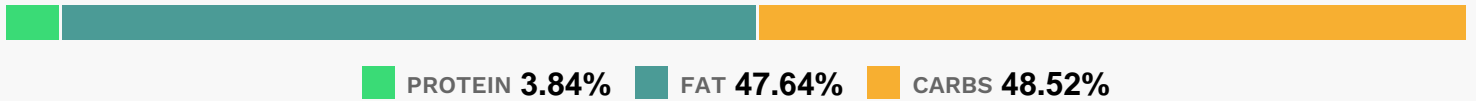
Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan

Directions

- Sift together flour, ginger, and salt. Set aside.
- In large bowl, cream together shortening and sugar. Beat in the cream. Gradually blend in the flour mixture. Stir or work in crystallized ginger. Cover and chill for four hours.
- On floured surface, roll out chilled dough to a 9 inch square. Fit it into lightly greased 9 inch square baking pan. Prick it all over with a fork.
- Bake in a 350 degrees F (175 degrees C) oven until lightly colored. Cool in the pan on wire rack.
- Cut into 2 x 1 inch bars.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:4.81, Inflammation Score:-1, Nutrition Score:0.91304348287699%

Nutrients (% of daily need)

Calories: 57.32kcal (2.87%), Fat: 3.06g (4.71%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 6.86g (2.5%), Sugar: 3.01g (3.35%), Cholesterol: 0.47mg (0.16%), Sodium: 16.56mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Vitamin B1: 0.04mg (2.77%), Manganese: 0.05mg (2.71%), Selenium: 1.83µg (2.61%), Folate: 9.56µg (2.39%), Vitamin B2: 0.03mg (1.6%), Vitamin B3: 0.31mg (1.57%), Vitamin K: 1.54µg (1.47%), Iron: 0.26mg (1.43%), Vitamin E: 0.18mg (1.21%)