



Gingerbread Dippers

READY IN



30 min.

SERVINGS



40

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pouch basic cookie mix betty crocker®
- ☐ 1 eggs
- ☐ 1 tablespoon ginger fresh finely grated
- ☐ 0.3 cup cream sour
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ oven

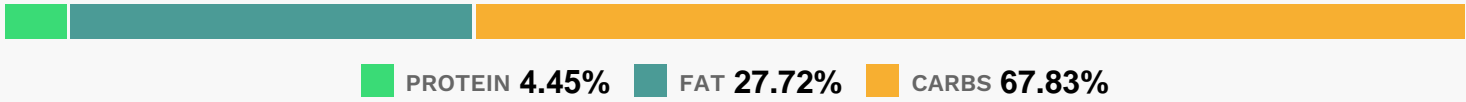
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muffin liners

Directions

- ☐ Heat oven to 350°F. Spray 40 to 48 mini muffin cups with cooking spray.
- ☐ In medium bowl, beat all ingredients until well blended. Spoon 1 teaspoon dough into each muffin cup.
- ☐ Bake 10 to 12 minutes or until firm with touched. Cool.

Nutrition Facts



Properties

Glycemic Index:0.38, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.25608695533289%

Nutrients (% of daily need)

Calories: 58.5kcal (2.92%), Fat: 1.73g (2.67%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 9.22g (3.35%), Sugar: 5.9g (6.55%), Cholesterol: 4.94mg (1.65%), Sodium: 15.07mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.25%), Fiber: 0.32g (1.27%)