



Gingerbread Sparkles

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- 1 cup brown sugar dark packed
- 1 large eggs
- 0.3 teaspoon ground allspice
- 2 teaspoons ground ginger
- 0.3 cup blackstrap molasses
- 0.3 teaspoon salt

- 2 tablespoons sparkling sugar
- 0.3 cup apple sauce unsweetened
- 2 cups flour whole-wheat white

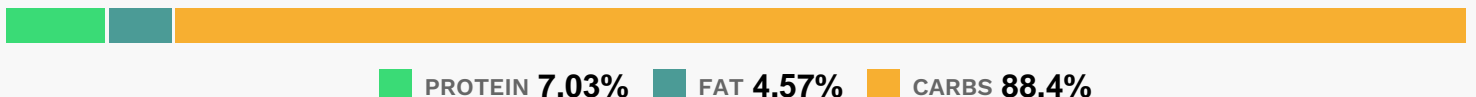
Equipment

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

Directions

- In a bowl, whisk flour, cinnamon, ginger, allspice, baking soda and salt. In a large bowl, using an electric mixer on medium-high speed, beat brown sugar and egg until smooth and light, about 5 minutes.
- Add applesauce and molasses and beat for 3 minutes more. Scrape down sides of bowl. On low speed, gradually beat in flour mixture until just incorporated.
- Transfer to a clean bowl, cover and refrigerate until firm, at least 2 hours and up to overnight.
- Place racks in top and bottom thirds of oven; preheat to 350F. Line 4 large baking sheets with parchment.
- Using a 1-inch cookie scoop, drop dough on baking sheets, 2 inches apart. (Keep remaining dough refrigerated.)
- Sprinkle tops with sparkling sugar.
- Bake, switching sheets halfway through, until just set, about 12 minutes.
- Let cool completely on sheets on wire racks. Slide a small spatula underneath each cookie to lift cleanly off parchment. Repeat with remaining dough and sparkling sugar.

Nutrition Facts



Properties

Glycemic Index:3.35, Glycemic Load:1.11, Inflammation Score:-1, Nutrition Score:2.1960869657443%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 52.76kcal (2.64%), Fat: 0.28g (0.43%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 11.5g (4.18%), Sugar: 7.69g (8.54%), Cholesterol: 4.65mg (1.55%), Sodium: 46.19mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.95%), Manganese: 0.33mg (16.58%), Selenium: 4.6µg (6.57%), Magnesium: 14.3mg (3.57%), Fiber: 0.73g (2.91%), Phosphorus: 25.09mg (2.51%), Iron: 0.41mg (2.27%), Vitamin B6: 0.04mg (2.21%), Vitamin B1: 0.03mg (2.13%), Copper: 0.04mg (1.98%), Potassium: 64.6mg (1.85%), Vitamin B3: 0.34mg (1.68%), Calcium: 12.9mg (1.29%), Zinc: 0.19mg (1.24%)