



## Gingersnap Slice 'N' Bakes

 Vegetarian

READY IN



190 min.

SERVINGS



1

CALORIES



6559 kcal

DESSERT

### Ingredients

- 2 cups butter softened
- 0.5 cup crystallized ginger chopped
- 0.3 cup cane syrup
- 1 large eggs lightly beaten
- 4 cups flour all-purpose
- 0.8 cup granulated sugar
- 0.3 teaspoon ground allspice
- 1 teaspoon ground cardamom

- 2 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground nutmeg
- 1.3 teaspoons kosher salt
- 0.5 cup sugar raw (such as Sugar in the )
- 2 teaspoons vanilla extract

## Equipment

- baking sheet
- baking paper
- oven
- whisk
- plastic wrap
- hand mixer

## Directions

- Beat first 9 ingredients at medium speed with an electric mixer 2 to 3 minutes or until creamy.
- Add flour; beat until blended. Stir in chopped crystallized ginger. Divide dough into 4 portions, and shape each portion into an 8- x 2-inch log. Wrap in plastic wrap, and chill 1 hour.
- Whisk together egg and 1 Tbsp. water. Unwrap logs, and brush with beaten egg.
- Sprinkle turbinado sugar over logs, pressing to adhere, and rewrap. Chill 30 minutes.
- Preheat oven to 35
- Cut logs into 1/4-inch-thick slices; place 1 inch apart on 2 parchment paper-lined baking sheets.
- Bake 10 to 14 minutes or until edges are lightly browned, switching pans halfway through. Cool on baking sheets 5 minutes.
- Transfer to wire racks, and cool.
- \*Sorghum or honey may be substituted.

## Nutrition Facts

PROTEIN 3.76% FAT 51.42% CARBS 44.82%

## Properties

Glycemic Index:290.09, Glycemic Load:381.12, Inflammation Score:-10, Nutrition Score:56.145652156809%

## Nutrients (% of daily need)

Calories: 6558.98kcal (327.95%), Fat: 378.81g (582.78%), Saturated Fat: 235.89g (1474.29%), Carbohydrates: 743.07g (247.69%), Net Carbohydrates: 726.5g (264.18%), Sugar: 354.98g (394.42%), Cholesterol: 1162.1mg (387.37%), Sodium: 5925.51mg (257.63%), Alcohol: 2.75g (100%), Alcohol %: 0.25% (100%), Protein: 62.28g (124.56%), Selenium: 190.48µg (272.11%), Vitamin B1: 3.98mg (265.1%), Manganese: 5.09mg (254.52%), Folate: 953.04µg (238.26%), Vitamin A: 11631.27IU (232.63%), Vitamin B2: 2.9mg (170.35%), Vitamin B3: 29.89mg (149.43%), Iron: 25.37mg (140.93%), Vitamin E: 11.49mg (76.63%), Phosphorus: 757.71mg (75.77%), Fiber: 16.57g (66.26%), Copper: 0.81mg (40.72%), Vitamin B5: 3.48mg (34.76%), Magnesium: 137.98mg (34.49%), Vitamin K: 35.39µg (33.7%), Zinc: 4.86mg (32.43%), Calcium: 283.27mg (28.33%), Potassium: 825.59mg (23.59%), Vitamin B12: 1.22µg (20.28%), Vitamin B6: 0.34mg (16.77%), Vitamin D: 1µg (6.67%)