



Gingersnap Spritz Straws

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



97 kcal

DESSERT

Ingredients

- 0.3 lb butter at room temperature
- 1 large egg yolk
- 1.3 cups flour all-purpose
- 0.3 cup granulated sugar
- 0.3 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 2 teaspoons ground ginger
- 3 tablespoons blackstrap molasses light

1 tablespoon coarse sugar

Equipment

bowl

frying pan

baking sheet

oven

blender

spatula

Directions

In a bowl, with a mixer on high speed, beat butter and granulated sugar until creamy.

Add egg yolk and molasses; beat until well blended. Stir together flour, ginger, cinnamon, and allspice. Stir flour mixture into butter mixture, then beat until well blended.

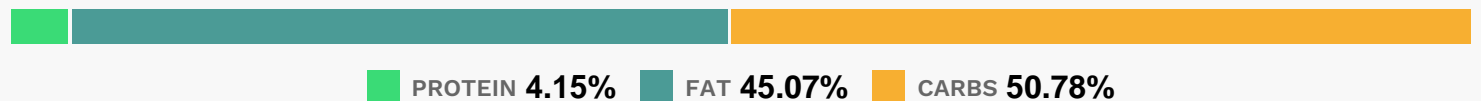
Scrape dough into a cookie press fitted with a rosette or star-shaped tip (1/2 in. across widest dimension). Press dough through tip in straight lines 6 to 8 inches long onto 12- by 15-inch baking sheets (you'll need two), spacing about 1 1/2 inches apart.

Sprinkle spritz straws with coarse sugar.

Bake in a 350 regular or 325 convection oven until edges turn slightly darker, 12 to 19 minutes, switching pan positions halfway through baking. With a wide spatula, transfer straws to racks to cool.

Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:13.96, Glycemic Load:8.05, Inflammation Score:-2, Nutrition Score:2.1478261017119%

Nutrients (% of daily need)

Calories: 96.64kcal (4.83%), Fat: 4.89g (7.53%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 12.4g (4.13%), Net Carbohydrates: 12.13g (4.41%), Sugar: 6.2g (6.89%), Cholesterol: 9.18mg (3.06%), Sodium: 55.26mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Manganese: 0.18mg (8.79%), Selenium: 3.8µg (5.42%), Vitamin B1: 0.06mg (4.32%), Vitamin A: 215.41IU (4.31%), Folate: 15.63µg (3.91%), Iron: 0.57mg (3.19%), Vitamin B2: 0.05mg (2.73%), Vitamin B3: 0.51mg (2.56%), Magnesium: 9.68mg (2.42%), Potassium: 58.66mg (1.68%), Phosphorus: 14.38mg (1.44%), Vitamin B6: 0.03mg (1.42%), Copper: 0.03mg (1.4%), Vitamin E: 0.2mg (1.36%), Calcium: 11.05mg (1.11%), Fiber: 0.27g (1.08%)