



Gingersnaps

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



52 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon allspice
- ☐ 1 teaspoon baking soda
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 2 tablespoons eggs lightly beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves

- ☐ 1.5 teaspoons ground ground ginger
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 2 tablespoons mild molasses
- ☐ 0.3 teaspoon salt
- ☐ 1 cups unbleached flour all-purpose (4.8 oz)
- ☐ 6 tablespoons butter unsalted

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 F. Have ready two ungreased heavy duty baking sheets.In a medium size saucepan, melt the butter over medium and continue cooking just until it starts to turn brown.
- ☐ Remove from heat to cool slightly.Meanwhile, thoroughly stir the flour, soda, salt, ginger, cinnamon, cloves, allspice, black pepper and cayenne together in a mixing bowl.
- ☐ Add the brown sugar and stir well to make a uniform dry mixture. Make a hole in the center of the flour mixture and add the egg, molasses and lemon. With a fork or a whisk, mix the egg and the molasses together in the little hole, then use a mixing spoon and stir them into the flour.
- ☐ Add the melted browned butter and stir to make dough. It should be thick and kind of oily. Using a rounded teaspoon, shape dough into small balls – you should get about 32 total, so be careful not to make them too big.
- ☐ Roll the balls in sugar, arrange on baking sheet spacing about 2 inches apart, and bake one sheet at a time for 8 to 10 minutes at 350F. Dough should spread and crack. When cookies appear done, remove from oven and transfer to a wire rack to cool.

Nutrition Facts



PROTEIN 4.28% **FAT 39%** **CARBS 56.72%**

Properties

Glycemic Index:6.34, Glycemic Load:2.57, Inflammation Score:-1, Nutrition Score:1.0926086828113%

Nutrients (% of daily need)

Calories: 51.53kcal (2.58%), Fat: 2.26g (3.48%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 7.26g (2.64%), Sugar: 4.29g (4.77%), Cholesterol: 9.08mg (3.03%), Sodium: 55.53mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Manganese: 0.09mg (4.56%), Selenium: 1.95µg (2.79%), Vitamin B1: 0.03mg (2.12%), Folate: 7.73µg (1.93%), Iron: 0.31mg (1.7%), Vitamin A: 74.07IU (1.48%), Vitamin B2: 0.02mg (1.45%), Vitamin B3: 0.26mg (1.29%), Magnesium: 4.64mg (1.16%)