



Gingersnaps II

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



79 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1 cup brown sugar packed
- 1 eggs
- 2.3 cups flour all-purpose
- 0.3 cup granulated sugar for decoration
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoon ground ginger

- 0.3 cup blackstrap molasses
- 0.3 teaspoon salt
- 0.8 cup shortening

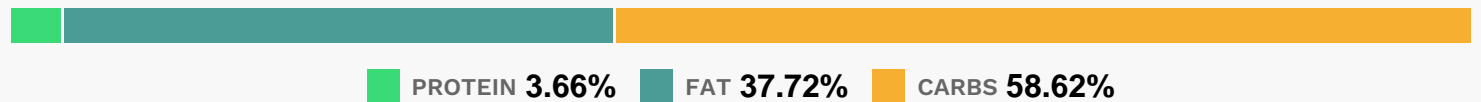
Equipment

- baking sheet
- oven

Directions

- Beat together brown sugar, shortening, molasses, and egg. Stir in flour, baking soda, cinnamon, ginger, cloves, and salt. Cover and refrigerate at least 1 hour.
- Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheet lightly.
- Shape dough by rounded teaspoons into balls. Dip tops into white sugar.
- Place balls, sugar sides up, about 3 inches apart on the cookie sheet.
- Bake 10 to 12 minutes, or just until set. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:4.04, Glycemic Load:4.78, Inflammation Score:-1, Nutrition Score:1.4391304235096%

Nutrients (% of daily need)

Calories: 79.11kcal (3.96%), Fat: 3.36g (5.17%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 11.55g (4.2%), Sugar: 7.17g (7.96%), Cholesterol: 3.41mg (1.14%), Sodium: 61.28mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.47%), Manganese: 0.1mg (5.19%), Selenium: 2.67µg (3.81%), Vitamin B1: 0.05mg (3.19%), Folate: 11.21µg (2.8%), Iron: 0.42mg (2.34%), Vitamin B2: 0.03mg (1.97%), Vitamin B3: 0.37mg (1.86%), Vitamin K: 1.77µg (1.68%), Magnesium: 6.23mg (1.56%), Vitamin E: 0.21mg (1.42%), Potassium: 40.23mg (1.15%), Copper: 0.02mg (1.02%)