



## Gingersnaps with Crystallized Ginger

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



68 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon cardamom
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup crystallized ginger finely chopped
- ☐ 2 large eggs beaten
- ☐ 4.3 cups flour all-purpose

- ☐ 1.8 cups granulated sugar for coating
- ☐ 2 teaspoons ground ginger
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract pure

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil

## Directions

- ☐ Heat oven to 375 F. Cream the butter and 1 3/4 cups sugar in a large bowl with an electric mixer on high speed. Lower to medium and add the eggs, molasses, vinegar, and vanilla. Sift together the flour, baking soda, salt, ground ginger, cinnamon, cloves, cardamom, and pepper. With the mixer on low, slowly add the flour mixture to the butter mixture. Beat until incorporated. Fold in the crystallized ginger. Divide the dough into 3 equal portions (it will be sticky).
- ☐ Place each portion on a sheet of plastic wrap and form into a 12-inch log, 2 inches in diameter. Wrap and chill for 1 hour. Slice each log into disks, 1/2 inch thick. Dredge in the remaining sugar.
- ☐ Place on a parchment- or foil-lined baking sheet, 2 inches apart.
- ☐ Bake until crinkly around the edges, about 14 minutes.
- ☐ Let cool on sheets for 5 minutes, then transfer to wire racks.

## Nutrition Facts



 PROTEIN **5.58%**  FAT **19.67%**  CARBS **74.75%**

Properties

Glycemic Index:3.9, Glycemic Load:8.26, Inflammation Score:-1, Nutrition Score:1.6413043300905%

Nutrients (% of daily need)

Calories: 68.42kcal (3.42%), Fat: 1.5g (2.32%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 12.64g (4.6%), Sugar: 7.16g (7.95%), Cholesterol: 8.56mg (2.85%), Sodium: 65.13mg (2.83%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Protein: 0.96g (1.92%), Manganese: 0.12mg (5.81%), Selenium: 3.42µg (4.89%), Vitamin B1: 0.06mg (3.97%), Folate: 14.21µg (3.55%), Iron: 0.5mg (2.77%), Vitamin B2: 0.04mg (2.62%), Vitamin B3: 0.47mg (2.33%), Magnesium: 7.71mg (1.93%), Potassium: 45.98mg (1.31%), Copper: 0.02mg (1.22%), Phosphorus: 12.03mg (1.2%), Vitamin B6: 0.02mg (1.09%)