

## Grandma's Gingersnap Cookies



Dairy Free



Popular

READY IN



30 min.

SERVINGS



60

CALORIES



60 kcal

DESSERT

### Ingredients



2 teaspoons baking soda



0.3 cup cinnamon sugar



0.3 cup blackstrap molasses dark



1 eggs



2 cups flour all-purpose sifted



1 teaspoon ground cinnamon



1 tablespoon ground ginger



0.5 teaspoon salt

- ☐ 0.8 cup shortening
- ☐ 1 cup sugar white

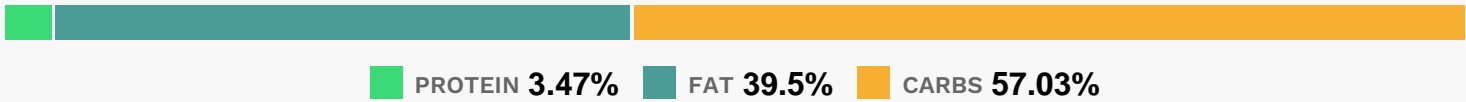
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Sift the flour, ginger, baking soda, cinnamon, and salt into a mixing bowl. Stir the mixture to blend evenly, and sift a second time into another bowl.
- ☐ Place the shortening into a mixing bowl and beat until creamy. Gradually beat in the white sugar. Beat in the egg, and dark molasses. Sift 1/3 of the flour mixture into the shortening mixture; stir to thoroughly blend. Sift in the remaining flour mixture, and mix together until a soft dough forms. Pinch off small amounts of dough and roll into 1 inch diameter balls between your hands.
- ☐ Roll each ball in cinnamon sugar, and place 2 inches apart on an ungreased baking sheet.
- ☐ Bake in preheated oven until the tops are rounded and slightly cracked, about 10 minutes. Cool cookies on a wire rack. Store in an air tight container.

## Nutrition Facts



## Properties

Glycemic Index:4.4, Glycemic Load:5.86, Inflammation Score:-1, Nutrition Score:1.0569565079134%

## Nutrients (% of daily need)

Calories: 60.41kcal (3.02%), Fat: 2.69g (4.14%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 8.6g (3.13%), Sugar: 5.5g (6.11%), Cholesterol: 2.73mg (0.91%), Sodium: 57.68mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Manganese: 0.08mg (4.2%), Selenium: 1.96µg (2.8%),

Vitamin B1: 0.03mg (2.28%), Folate: 7.98µg (2%), Iron: 0.3mg (1.64%), Vitamin B2: 0.03mg (1.47%), Vitamin B3: 0.27mg (1.34%), Vitamin K: 1.39µg (1.32%), Magnesium: 4.6mg (1.15%), Vitamin E: 0.17mg (1.12%)