



Honey-Orange-Ginger Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



61 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup honey
- ☐ 1 teaspoon orange extract

- ☐ 1 tablespoon orange zest
- ☐ 0.7 cup sugar

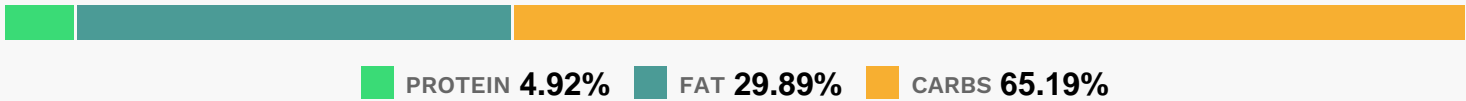
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Beat sugar and butter at medium speed with a heavy-duty electric stand mixer until creamy.
- ☐ Add honey, orange extract, and egg, beating until blended. Stir together flour, orange zest, ground ginger, baking soda, and baking powder; gradually add to sugar mixture, beating until blended. Cover and chill 30 minutes to 1 hour. Shape dough into 1-inch balls; roll in sugar.
- ☐ Place 2 inches apart on ungreased baking sheets, and slightly flatten each with bottom of a glass.
- ☐ Bake 8 to 10 minutes or until lightly browned. Cool completely on wire racks (about 20 minutes).

Nutrition Facts



Properties

Glycemic Index:7.07, Glycemic Load:6.7, Inflammation Score:-1, Nutrition Score:1.0965217287126%

Nutrients (% of daily need)

Calories: 61.48kcal (3.07%), Fat: 2.09g (3.21%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 10.04g (3.65%), Sugar: 5.69g (6.33%), Cholesterol: 8.96mg (2.99%), Sodium: 32.8mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Selenium: 2.4µg (3.43%), Vitamin B1: 0.05mg (3.11%), Manganese: 0.06mg (2.85%), Folate: 11.4µg (2.85%), Vitamin B2: 0.04mg (2.15%), Vitamin B3: 0.36mg (1.79%), Iron: 0.32mg (1.78%), Vitamin A: 65.25IU (1.31%), Phosphorus: 10.11mg (1.01%)