



Mega-Ginger Cookies

 Vegetarian

READY IN



20 min.

SERVINGS



48

CALORIES



55 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 6 tablespoons butter at room temperature
- ☐ 0.5 cup crystallized ginger chopped
- ☐ 1 large eggs
- ☐ 2 cups flour
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 0.3 cup blackstrap molasses
- ☐ 0.8 cup sugar divided

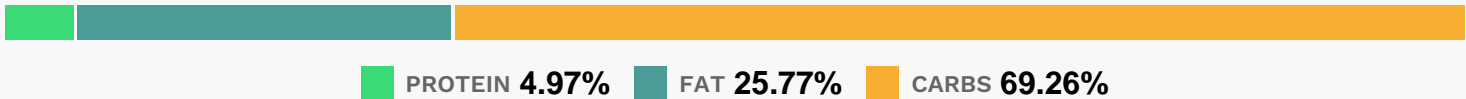
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ In a food processor (or blender), whirl chopped ginger and 1/3 cup sugar until ginger is finely ground.
- ☐ Pour from container.
- ☐ In the same container, whirl butter and 1/3 cup sugar until fluffy.
- ☐ Add ginger mixture, molasses, and egg; whirl to mix.
- ☐ In a bowl, mix flour, baking soda, ground ginger, cinnamon, and nutmeg. Whirl into butter mixture.
- ☐ Cover dough and chill until firm to the touch, about 1 hour.
- ☐ Preheat oven to 35
- ☐ Shape dough into 1-in. balls and coat in remaining sugar (use a little more sugar if needed).
- ☐ Place balls 2 to 3 in. apart on nonstick or oiled baking sheets.
- ☐ Bake until slightly darker brown, 11 to 12 minutes, switching positions of baking sheets halfway through.
- ☐ Transfer cookies to racks to cool.
- ☐ Make ahead: Up to 1 week, stored airtight at room temperature; frozen, up to 4 months.

Nutrition Facts



Properties

Glycemic Index:6.54, Glycemic Load:5.64, Inflammation Score:-1, Nutrition Score:1.1947825998068%

Nutrients (% of daily need)

Calories: 55.13kcal (2.76%), Fat: 1.59g (2.45%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 9.62g (3.21%), Net Carbohydrates: 9.45g (3.44%), Sugar: 5.56g (6.18%), Cholesterol: 7.64mg (2.55%), Sodium: 59.36mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Manganese: 0.08mg (4.14%), Selenium: 2.46µg (3.51%), Vitamin B1: 0.04mg (2.81%), Folate: 10.1µg (2.52%), Iron: 0.36mg (1.98%), Vitamin B2: 0.03mg (1.87%), Vitamin B3: 0.33mg (1.65%), Magnesium: 5.7mg (1.42%)