



Old German Honey Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



116 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 eggs
- 4 cups flour all-purpose
- 1 teaspoon ground ginger
- 1 cup honey
- 1 cup shortening
- 1 teaspoon vanilla extract
- 1 cup sugar white

Equipment

- baking sheet
- sauce pan
- oven

Directions

- In a saucepan over low heat, melt together sugar, shortening and honey.
- Let cool.
- Mix together eggs, vanilla, baking soda and ginger. Gradually add to cooled honey mixture.
- Slowly add 4 cups of flour to mixture. Stir until well blended. Drop by teaspoonfuls onto cookie sheets about 2 inches apart.
- Bake at 350 degrees F (180 degrees C) until golden (about 12-15 minutes).

Nutrition Facts



Properties

Glycemic Index:4.11, Glycemic Load:11.69, Inflammation Score:-1, Nutrition Score:1.8934782694863%

Nutrients (% of daily need)

Calories: 116.18kcal (5.81%), Fat: 4.56g (7.02%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 17.97g (5.99%), Net Carbohydrates: 17.67g (6.43%), Sugar: 10g (11.12%), Cholesterol: 6.82mg (2.27%), Sodium: 26.13mg (1.14%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 1.33g (2.66%), Selenium: 4.2µg (6%), Vitamin B1: 0.08mg (5.56%), Folate: 20.07µg (5.02%), Manganese: 0.09mg (4.57%), Vitamin B2: 0.06mg (3.73%), Vitamin B3: 0.63mg (3.15%), Iron: 0.56mg (3.1%), Vitamin K: 2.31µg (2.2%), Vitamin E: 0.29mg (1.92%), Phosphorus: 15.24mg (1.52%), Fiber: 0.3g (1.2%), Vitamin B5: 0.11mg (1.08%)