



Orange Bourbon Ginger Cookies

 Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 tablespoons bourbon
- ☐ 1 egg yolk plus egg
- ☐ 24 servings eggnog for serving
- ☐ 3.3 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup brown sugar light

- ☐ 0.3 cup orange liqueur
- ☐ 24 servings powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cup shortening
- ☐ 0.7 cup sugar

Equipment

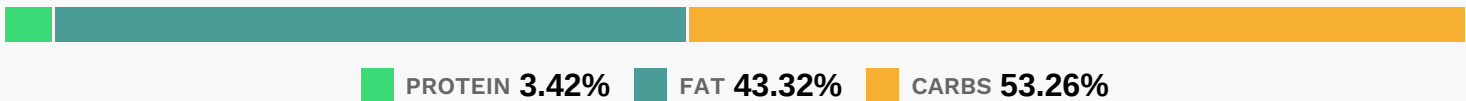
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ rolling pin

Directions

- ☐ Preheat the oven to 350 degrees F and prepare 3 cookie sheets with silicone mats or nonstick sprayed parchment paper.
- ☐ In a mixer with a whisk attachment, mix shortening and egg yolk for 3 to 4 minutes or until airy. Then add sugar, orange liquor, bourbon and salt, mixing again for 2 to 3 minutes until well mixed.
- ☐ Remove from mixer. Then in a bowl, combine flour and baking soda, whisking until well mixed. Once flour/baking soda is mixed, add sugar/shortening and mix well until all flour has been evenly mixed into sugar liquid. After mixing, allow mixture to sit in refrigerator for 10 to 15 minutes.
- ☐ After cooling, roll dough out to 1/4-inch thickness with a rolling pin on a clean flour counter.
- ☐ Cut into desired cookie shapes, then repeat process until all dough is cut. Next, place cookies on prepared cookie sheets 3 to 4 inches apart.
- ☐ Finally blend cinnamon, ginger, and brown sugar in a small bowl until well mixed. Then brush cookie with the whisked egg and finish with topping, spreading evenly. Then bake for about 15 minutes or until done.

Finish with powdered sugar, serve with eggnog and enjoy.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:13.51, Inflammation Score:-1, Nutrition Score:3.1965217170832%

Nutrients (% of daily need)

Calories: 235.84kcal (11.79%), Fat: 11.12g (17.1%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 30.76g (10.25%), Net Carbohydrates: 30.25g (11%), Sugar: 17.26g (19.18%), Cholesterol: 8.69mg (2.9%), Sodium: 126.48mg (5.5%), Alcohol: 1.06g (100%), Alcohol %: 2.64% (100%), Protein: 1.97g (3.95%), Vitamin B1: 0.14mg (9.35%), Selenium: 6.52µg (9.32%), Folate: 32.92µg (8.23%), Manganese: 0.16mg (7.86%), Vitamin B2: 0.09mg (5.57%), Vitamin K: 5.75µg (5.48%), Vitamin B3: 1.04mg (5.21%), Iron: 0.89mg (4.93%), Vitamin E: 0.69mg (4.58%), Phosphorus: 23.25mg (2.33%), Fiber: 0.5g (2.01%), Vitamin B5: 0.18mg (1.8%), Copper: 0.03mg (1.5%), Magnesium: 4.6mg (1.15%), Zinc: 0.15mg (1.01%)