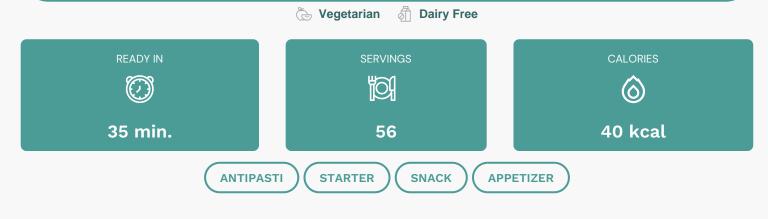


Snappy Ginger Strips



Ingredients

1 cup sugar
0.5 cup vegetable oil
0.3 cup blackstrap molasses
1 eggs
2 cups flour all-purpose
1.5 teaspoons baking soda
0.5 teaspoon salt
0.5 teaspoon ground ginger

	0.5 teaspoon ground cinnamon	
	0.5 teaspoon ground cloves	
	4 teaspoons sugar	
Equipment		
	bowl	
	baking sheet	
	oven	
	wire rack	
Dii	rections	
	Heat oven to 375°F.	
	In large bowl, mix 1 cup sugar, the oil, molasses and egg with spoon. Stir in remaining ingredients except 4 teaspoons sugar.	
	Divide dough in half. Pat half of dough into 14x2-inch strip on ungreased cookie sheet.	
	Cut strip lengthwise in half; separate strips at least 3 inches. Flatten strips slightly with fork dipped in sugar to about 1/2-inch thickness.	
	Sprinkle each strip with 1 teaspoon sugar. Repeat with remaining dough.	
	Bake 6 to 7 minutes or until edges are light brown and tops appear cracked; cool 2 minutes.	
	Cut each strip crosswise into 1-inch slices; remove from cookie sheet to wire rack. Store loosely covered.	
	Nutrition Facts	
	PROTEIN 5.55% FAT 11.62% CARBS 82.83%	
Pro	perties	

Glycemic Index:4.72, Glycemic Load:5.65, Inflammation Score:-1, Nutrition Score:1.0008695786414%

Nutrients (% of daily need)

Calories: 40.18kcal (2.01%), Fat: 0.52g (0.81%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 8.28g (3.01%), Sugar: 4.99g (5.54%), Cholesterol: 2.92mg (0.97%), Sodium: 51.93mg (2.26%),

Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.56g (1.13%), Manganese: 0.07mg (3.68%), Selenium: 2.06μg (2.94%), Vitamin B1: 0.04mg (2.4%), Folate: 8.55μg (2.14%), Iron: 0.3mg (1.67%), Vitamin B2: 0.03mg (1.56%), Vitamin B3: 0.28mg (1.4%), Magnesium: 4.81mg (1.2%)