



## Snappy Ginger Strips

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



56

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### 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

## Directions

- 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%**

## Properties

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 %: 0% (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%)