

Snappy Gingers

READY IN



80 min.

SERVINGS



48

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon allspice
- 0.5 teaspoon baking soda
- 0.3 cup brown sugar packed
- 1 egg yolk
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1.5 teaspoons ground ginger
- 2 tablespoons blackstrap molasses

- 0.3 teaspoon salt
- 0.5 cup sugar for dusting
- 0.7 cup butter unsalted softened
- 1 tablespoon ground espresso

Equipment

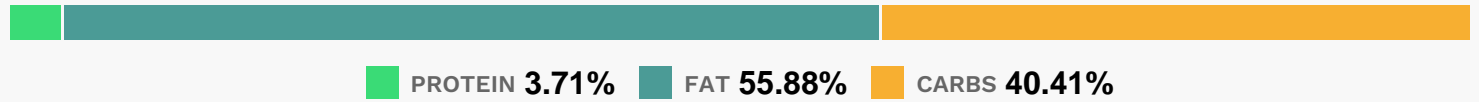
- bowl
- frying pan
- baking paper
- oven
- wire rack
- plastic wrap
- hand mixer

Directions

- Special equipment: an electric mixer with paddle attachment
- Preheat the oven to 350 degrees F.
- Use an electric mixer to cream together the butter, sugar, and brown sugar until light and fluffy.
- Add the egg yolk and molasses and mix well.
- In a separate bowl, combine the flour, espresso, ginger, cinnamon, cloves, allspice, baking soda, and salt.
- Mix the dry ingredients into the butter mixture. (The dough will be quite soft.)
- Roll the dough into tight 1-inch round logs, wrap snugly in parchment paper or plastic wrap, and chill until firm (see Cook's Note*).
- Unwrap the dough and slice into 1/4-inch rounds.
- Pour some sugar into a shallow dish. Press the top of each cookie into the sugar and then place cookies sugar side up on a parchment paper-lined sheet pan about 2 inches apart.
- Bake for 12 to 15 minutes. Do not over bake; the cookies will become "snappy" once they have cooled completely.

Transfer them to a wire cooling rack to cool for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:4.23, Glycemic Load:2.7, Inflammation Score:-1, Nutrition Score:1.0178260826708%

Nutrients (% of daily need)

Calories: 53.15kcal (2.66%), Fat: 3.34g (5.13%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 5.28g (1.92%), Sugar: 2.28g (2.53%), Cholesterol: 10.83mg (3.61%), Sodium: 33.51mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Manganese: 0.08mg (4.17%), Selenium: 1.48µg (2.11%), Vitamin B1: 0.03mg (2.03%), Folate: 7.44µg (1.86%), Vitamin A: 86.6IU (1.73%), Iron: 0.27mg (1.51%), Vitamin B2: 0.02mg (1.4%), Vitamin B3: 0.25mg (1.26%)