



## Soft Ginger Cookies

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



171 kcal

DESSERT

### Ingredients

- 0.5 cup apple sauce
- 1 tablespoon baking soda
- 2.5 cups firmly brown sugar packed
- 2 large eggs
- 4.5 cups flour all-purpose
- 1.5 teaspoons ground cinnamon
- 2.5 tablespoons ground ginger
- 1.5 teaspoons ground nutmeg

- 0.5 teaspoon salt
- 1 teaspoon vanilla
- 1 cup vegetable oil

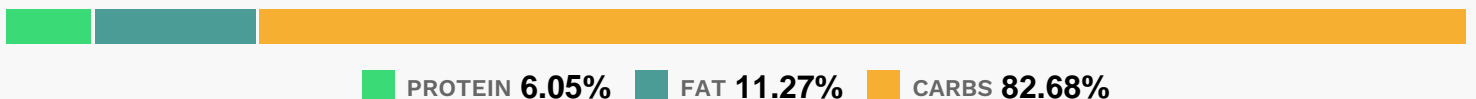
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer
- spatula

## Directions

- In a bowl, with an electric mixer on medium speed, beat oil and brown sugar until smooth. Beat in eggs, vanilla, and applesauce until well blended, scraping down sides of bowl as needed.
- In another bowl, mix flour, ginger, baking soda, nutmeg, cinnamon, and salt. Stir or beat into brown sugar mixture until well blended.
- Let dough stand at room temperature for 30 minutes.
- Shape dough into 1/4-cup balls and set 2 1/2 inches apart on buttered or cooking parchment-lined 12- by 15-inch baking sheets.
- Bake in a 350 oven just until cookies begin to brown, 8 to 10 minutes; if baking more than one pan at a time, switch pan positions halfway through baking. Using a wide spatula, transfer the cookies to racks to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:5.36, Glycemic Load:11.11, Inflammation Score:-2, Nutrition Score:4.0560868903995%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## **Nutrients (% of daily need)**

Calories: 171.2kcal (8.56%), Fat: 2.16g (3.32%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 35.59g (11.86%), Net Carbohydrates: 34.86g (12.68%), Sugar: 19.6g (21.77%), Cholesterol: 13.29mg (4.43%), Sodium: 170.01mg (7.39%), Alcohol: 0.05g (100%), Alcohol %: 0.11% (100%), Protein: 2.61g (5.21%), Manganese: 0.32mg (16.13%), Selenium: 8.41µg (12.02%), Vitamin B1: 0.16mg (10.73%), Folate: 38.92µg (9.73%), Vitamin B2: 0.12mg (6.93%), Iron: 1.25mg (6.92%), Vitamin B3: 1.26mg (6.3%), Phosphorus: 30.83mg (3.08%), Fiber: 0.73g (2.93%), Vitamin K: 2.99µg (2.85%), Calcium: 23.31mg (2.33%), Copper: 0.05mg (2.28%), Magnesium: 7.98mg (2%), Potassium: 62.72mg (1.79%), Vitamin B5: 0.17mg (1.73%), Zinc: 0.21mg (1.43%), Vitamin B6: 0.03mg (1.37%), Vitamin E: 0.19mg (1.24%)