



Spice is Right Cookies

 Vegetarian

READY IN



27 min.

SERVINGS



24

CALORIES



154 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.1 teaspoon pepper black freshly ground
- 2 sticks butter
- 0.3 teaspoon cardamom
- 1.3 cups brown sugar dark
- 2 cups flour all-purpose
- 0.3 cup crystalized ginger chopped
- 2 tablespoons espresso grounds instant

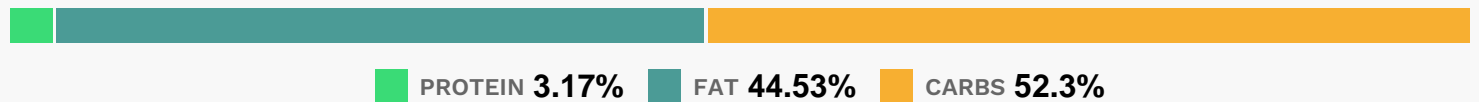
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F.
- Cream butter and sugar until fluffy. Sift flour and baking powder into the creamed butter and blend well. Make into 24 even balls and place on a parchment-lined baking sheet.
- Bake for 10 to 12 minutes or until golden brown on the edges.
- Sift cardamom and pepper with flour and fold chopped crystalized ginger in at the end.
- Cream butter, sugar and espresso, then add sifted flour mixture.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:5.8, Inflammation Score:-2, Nutrition Score:2.1386956536899%

Nutrients (% of daily need)

Calories: 154.28kcal (7.71%), Fat: 7.75g (11.92%), Saturated Fat: 4.86g (30.37%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 20.17g (7.33%), Sugar: 11.91g (13.23%), Cholesterol: 20.25mg (6.75%), Sodium: 73.3mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.08mg (4.36%), Protein: 1.24g (2.49%), Vitamin B1: 0.08mg (5.51%), Selenium: 3.83µg (5.47%), Folate: 19.58µg (4.89%), Manganese: 0.1mg (4.77%), Vitamin A: 235.38IU (4.71%), Vitamin B3: 0.76mg (3.79%), Iron: 0.61mg (3.39%), Vitamin B2: 0.06mg (3.26%), Calcium: 19.74mg (1.97%), Phosphorus: 17.48mg (1.75%), Vitamin E: 0.23mg (1.52%), Potassium: 48.95mg (1.4%), Magnesium: 5.46mg (1.37%), Fiber: 0.31g (1.24%), Copper: 0.02mg (1.19%)