



Spicy Ginger Cookies

 Vegetarian

READY IN



55 min.

SERVINGS



24

CALORIES



152 kcal

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 5 teaspoons ground ginger
- ☐ 3 teaspoons ground cinnamon
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 1 cup granulated sugar
- ☐ 0.8 cup butter softened
- ☐ 0.3 cup blackstrap molasses

- ☐ 1 eggs
- ☐ 0.5 cup sugar raw (sugar)

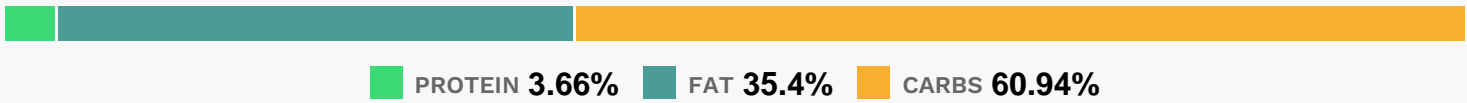
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. In medium bowl, mix flour, 3 teaspoons of the ginger, 2 teaspoons of the cinnamon, the baking soda and salt. In large bowl, beat granulated sugar and butter with electric mixer on high speed 2 minutes or until light and fluffy.
- ☐ Add molasses and egg. Beat on medium speed 1 minute or until blended, scraping bowl occasionally. On low speed, gradually beat in flour mixture just until blended.
- ☐ In small bowl, mix turbinado sugar, remaining 2 teaspoons ginger and remaining 1 teaspoon cinnamon. Shape dough into 1-inch balls; roll in sugar mixture. On ungreased cookie sheets, place balls 2 inches apart.
- ☐ Bake 12 to 15 minutes or until set. Cool 2 minutes; remove from cookie sheets to cooling racks.
- ☐ Sprinkle with remaining sugar mixture.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:12.73, Inflammation Score:-2, Nutrition Score:2.9426087051954%

Nutrients (% of daily need)

Calories: 152.3kcal (7.62%), Fat: 6.08g (9.35%), Saturated Fat: 3.73g (23.33%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 23.07g (8.39%), Sugar: 15.13g (16.81%), Cholesterol: 22.07mg (7.36%), Sodium: 144.12mg (6.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Manganese: 0.31mg (15.5%), Selenium: 5.08µg (7.26%), Vitamin B1: 0.08mg (5.64%), Folate: 20.21µg (5.05%), Iron: 0.81mg (4.48%), Vitamin B2: 0.06mg (3.81%),

Vitamin A: 188.04IU (3.76%), Vitamin B3: 0.7mg (3.48%), Magnesium: 12.27mg (3.07%), Potassium: 74.59mg (2.13%), Fiber: 0.47g (1.89%), Phosphorus: 18.57mg (1.86%), Copper: 0.04mg (1.86%), Vitamin B6: 0.03mg (1.72%), Calcium: 15.08mg (1.51%), Vitamin E: 0.2mg (1.31%), Vitamin B5: 0.11mg (1.13%)