



Sugary Gingerbread-Oat Chews

 Dairy Free

READY IN



40 min.

SERVINGS



30

CALORIES



108 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons blackstrap molasses
- ☐ 2 teaspoons ground ginger
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 eggs
- ☐ 17.5 oz basic cookie mix
- ☐ 0.3 cup coarse salt

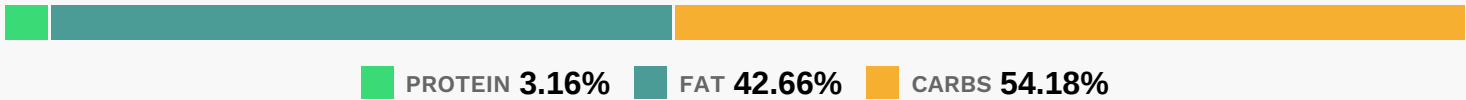
Equipment

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

Directions

- ☐ Heat oven to 375°F. In large bowl, beat butter, molasses, ginger, cinnamon, cloves and egg with electric mixer on medium speed until well blended.
- ☐ Add cookie mix; beat until soft dough forms.
- ☐ Shape dough into 1-inch balls.
- ☐ Roll balls in sugar. On ungreased cookie sheets, place balls 2 inches apart.
- ☐ Bake 8 to 10 minutes or until edges are light golden brown. Cool 5 minutes; remove from cookie sheets to cooling racks. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:1.63, Glycemic Load:0.66, Inflammation Score:-1, Nutrition Score:0.93130433761879%

Nutrients (% of daily need)

Calories: 107.65kcal (5.38%), Fat: 4.99g (7.68%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 13.8g (5.02%), Sugar: 9.29g (10.33%), Cholesterol: 5.46mg (1.82%), Sodium: 1313.43mg (57.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Manganese: 0.1mg (4.87%), Vitamin A: 143.46IU (2.87%), Fiber: 0.47g (1.88%), Magnesium: 5.52mg (1.38%), Selenium: 0.89µg (1.27%), Iron: 0.22mg (1.24%), Potassium: 42.66mg (1.22%)