



## Sugary Gingerbread-Oat Chews

 Dairy Free

READY IN



40 min.

SERVINGS



30

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup butter softened
- 1 pouch basic cookie mix (1 lb 1.5 oz)
- 1 eggs
- 0.8 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 2 teaspoons ground ginger
- 3 tablespoons blackstrap molasses
- 0.3 cup sugar

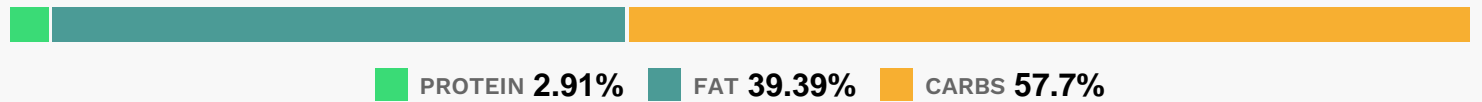
## Equipment

- bowl
- baking sheet
- oven
- hand mixer

## Directions

- Heat oven to 375F. 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:3.97, Glycemic Load:2.21, Inflammation Score:-1, Nutrition Score:0.91608695175661%

## Nutrients (% of daily need)

Calories: 116.19kcal (5.81%), Fat: 5g (7.69%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 16.01g (5.82%), Sugar: 11.51g (12.79%), Cholesterol: 5.46mg (1.82%), Sodium: 55.97mg (2.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Manganese: 0.09mg (4.71%), Vitamin A: 143.46IU (2.87%), Fiber: 0.47g (1.88%), Magnesium: 5.49mg (1.37%), Selenium: 0.9µg (1.28%), Potassium: 42.44mg (1.21%), Iron: 0.21mg (1.18%)