



## Three-Ginger Cookies

 Dairy Free

READY IN



165 min.

SERVINGS



1

CALORIES



2536 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons candied ginger chopped
- ☐ 0.5 cup dates chopped
- ☐ 0.3 cup eggs fat-free
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon ginger grated
- ☐ 0.5 teaspoon ground ginger

- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

## Directions

- ☐ Mix 1 cup sugar, the butter, gingerroot, molasses and egg product in medium bowl. Stir in flour, baking soda and ground ginger. Stir in crystallized ginger and dates. Cover and refrigerate at least 2 hours.
- ☐ Heat oven to 350F. Spray cookie sheet with nonstick cooking spray.
- ☐ Shape dough into 1 1/2-inch balls.
- ☐ Roll balls in 1/4 cup sugar.
- ☐ Place on cookie sheet. Flatten slightly with bottom of glass.
- ☐ Bake 12 to 15 minutes or until only small indentation remains when touched (cookies will be soft).
- ☐ Remove from cookie sheet. Cool on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:326.18, Glycemic Load:316.96, Inflammation Score:-10, Nutrition Score:43.155652002148%

## Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 2536.37kcal (126.82%), Fat: 54.52g (83.88%), Saturated Fat: 11.74g (73.38%), Carbohydrates: 495.75g (165.25%), Net Carbohydrates: 484.53g (176.19%), Sugar: 342.01g (380.01%), Cholesterol: 225.99mg (75.33%), Sodium: 1742.55mg (75.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.55g (59.1%), Selenium: 93.65µg (133.79%), Manganese: 2.46mg (122.97%), Vitamin B1: 1.56mg (103.91%), Folate: 387.11µg (96.78%), Vitamin B2: 1.33mg (77.99%), Iron: 12.77mg (70.92%), Vitamin B3: 12.58mg (62.91%), Vitamin A: 2365.65IU (47.31%), Magnesium: 183.8mg (45.95%), Fiber: 11.22g (44.89%), Potassium: 1421.71mg (40.62%), Phosphorus: 397.87mg (39.79%), Copper: 0.7mg (34.9%), Vitamin B6: 0.6mg (29.88%), Vitamin B5: 2.57mg (25.74%), Calcium: 194.6mg (19.46%), Vitamin E: 2.56mg (17.1%), Zinc: 2.51mg (16.74%), Vitamin B12: 0.6µg (9.96%), Vitamin D: 1.22µg (8.1%), Vitamin K: 2.74µg (2.61%)