



## Triple-Ginger Cookies

 Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



918 kcal

DESSERT

### Ingredients

- 2 teaspoons baking soda
- 0.8 cup butter softened
- 0.3 cup candied ginger chopped
- 1 eggs
- 2.3 cups flour all-purpose
- 1 tablespoon ginger grated
- 1 teaspoon ground ginger
- 0.3 cup blackstrap molasses

- 0.3 teaspoon salt
- 1 cup sugar
- 4 servings sugar

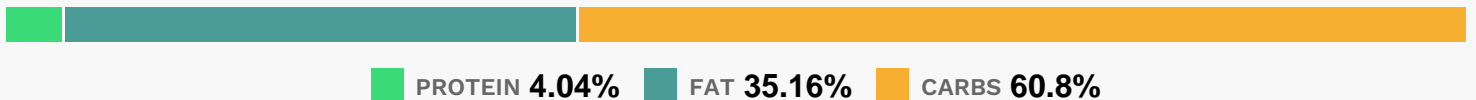
## Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- Heat oven to 375F.
- Mix 1 cup sugar, the butter, crystallized ginger, molasses and egg in large bowl. Stir in remaining ingredients except sugar.
- Shape dough into 1-inch balls; roll in sugar.
- Place about 2 inches apart on ungreased cookie sheet; flatten slightly.
- Bake 5 to 7 minutes or until edges are set.
- Remove from cookie sheet to wire rack. Cool completely, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:68.55, Glycemic Load:90.5, Inflammation Score:-9, Nutrition Score:16.624782663972%

## Nutrients (% of daily need)

Calories: 918.13kcal (45.91%), Fat: 36.28g (55.81%), Saturated Fat: 7.59g (47.41%), Carbohydrates: 141.15g (47.05%), Net Carbohydrates: 139.08g (50.57%), Sugar: 84.52g (93.91%), Cholesterol: 40.92mg (13.64%), Sodium: 1121.09mg (48.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.76%), Manganese: 1mg (49.8%), Selenium: 32.51µg (46.45%), Vitamin B1: 0.59mg (39.36%), Folate: 139.29µg (34.82%), Vitamin A: 1582.01IU (31.64%), Iron: 4.71mg (26.18%), Vitamin B2: 0.44mg (25.87%), Vitamin B3: 4.58mg (22.9%), Magnesium: 71.44mg (17.86%), Potassium: 433.72mg (12.39%), Phosphorus: 118.28mg (11.83%), Copper: 0.23mg (11.32%), Vitamin B6: 0.2mg

(10.08%), Vitamin E: 1.48mg (9.89%), Fiber: 2.07g (8.3%), Calcium: 74.6mg (7.46%), Vitamin B5: 0.7mg (6.99%),  
Zinc: 0.74mg (4.96%), Vitamin B12: 0.14µg (2.34%), Vitamin D: 0.22µg (1.47%)