



Triple-Ginger Cookies

 Dairy Free

READY IN



95 min.

SERVINGS



54

CALORIES



65 kcal

DESSERT

Ingredients

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

- ☐ 1 teaspoon ground ginger
- ☐ 0.3 teaspoon salt
- ☐ 1 serving sugar

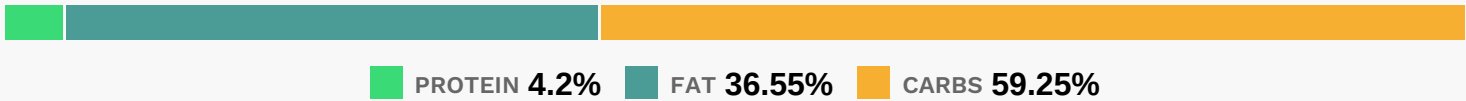
Equipment

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

Directions

- ☐ Heat oven to 375°F.
- ☐ 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:5.08, Glycemic Load:6.24, Inflammation Score:-1, Nutrition Score:1.2313043556136%

Nutrients (% of daily need)

Calories: 65.44kcal (3.27%), Fat: 2.69g (4.13%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 9.64g (3.5%), Sugar: 5.6g (6.22%), Cholesterol: 3.03mg (1.01%), Sodium: 83.04mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Manganese: 0.07mg (3.69%), Selenium: 2.4µg (3.43%), Vitamin B1: 0.04mg (2.92%), Folate: 10.32µg (2.58%), Vitamin A: 117.19IU (2.34%), Iron: 0.35mg (1.94%), Vitamin B2: 0.03mg (1.91%), Vitamin B3: 0.34mg (1.7%), Magnesium: 5.29mg (1.32%)