



Triple Ginger Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



63 kcal

DESSERT

Ingredients

- ☐ 4.5 oz all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons crystallized ginger chopped
- ☐ 2 tablespoons eggs lightly beaten
- ☐ 1 teaspoons ginger fresh minced peeled
- ☐ 30 servings triple ginger cookies (Half Batch)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.8 teaspoons ground ginger
- ☐ 2 tablespoons mild-flavored molasses light ()
- ☐ 0.3 scant teaspoon salt
- ☐ 6 tablespoons solid vegetable shortening (preferably non-hydrogenated)
- ☐ 0.5 cup sugar

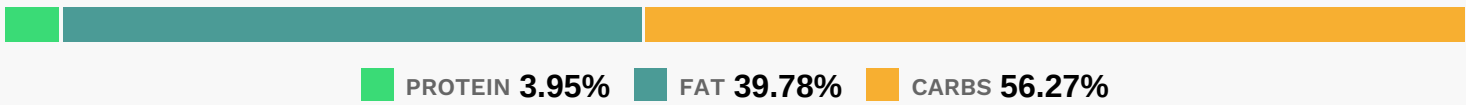
Equipment

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

Directions

- ☐ Preheat oven to 350°F. Line 2 rimmed baking sheets with parchment.
- ☐ Whisk first 6 ingredients in medium bowl. Using electric mixer, beat sugar and shortening in large bowl until fluffy. Beat in molasses, egg, and fresh ginger. Stir in crystallized ginger, then dry ingredients.Fill small shallow bowl with raw sugar. Using moist hands, shape 1 teaspoonful dough into ball; roll in raw sugar.
- ☐ Place on prepared sheet. Repeat with remaining dough, spacing cookies 2 inches apart.
- ☐ Bake cookies until golden and dry-looking, about 15 minutes. Cool on sheets.

Nutrition Facts



Properties

Glycemic Index:6.97, Glycemic Load:5.11, Inflammation Score:-1, Nutrition Score:1.1960869675259%

Nutrients (% of daily need)

Calories: 62.87kcal (3.14%), Fat: 2.81g (4.32%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 8.78g (3.19%), Sugar: 5.05g (5.61%), Cholesterol: 3.67mg (1.22%), Sodium: 44.32mg (1.93%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Manganese: 0.1mg (4.9%), Selenium: 2.08µg (2.98%), Vitamin B1: 0.04mg (2.46%), Folate: 9.14µg (2.28%), Iron: 0.36mg (2%), Vitamin B2: 0.03mg (1.72%), Vitamin B3: 0.3mg (1.51%), Vitamin K: 1.44µg (1.37%), Magnesium: 4.97mg (1.24%), Vitamin E: 0.18mg (1.21%)