



Triple the Ginger Cookies

 Vegetarian

READY IN



150 min.

SERVINGS



36

CALORIES



101 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1 cup brown sugar packed
- 0.8 cup butter
- 0.5 cup crystallized ginger chopped
- 1 eggs
- 2.3 cups flour all-purpose
- 1.5 tablespoons ginger root fresh minced
- 2 teaspoons ground ginger

- 0.3 cup blackstrap molasses
- 0.5 teaspoon salt

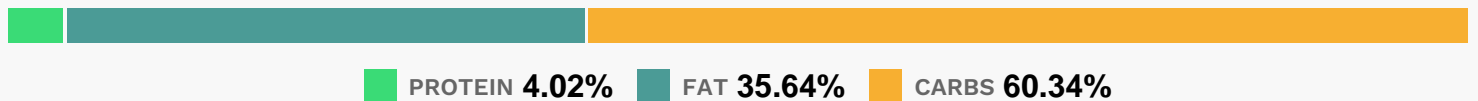
Equipment

- bowl
- baking sheet
- oven
- wooden spoon

Directions

- In a large bowl, cream together the butter and brown sugar until smooth. Beat in the egg and molasses.
- Combine the flour, ground ginger, baking soda, and salt; stir into the molasses mixture using a wooden spoon.
- Mix in the fresh and crystallized gingers. Cover, and refrigerate dough for at least 2 hours, or overnight.
- Preheat oven to 350 degrees F (175 degrees C). Shape dough into 1 inch balls, and place about 2 inches apart onto ungreased cookie sheet.
- Bake for 10 minutes in the preheated oven, or until lightly browned. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:5.11, Glycemic Load:5.09, Inflammation Score:-1, Nutrition Score:1.8978260996873%

Nutrients (% of daily need)

Calories: 100.95kcal (5.05%), Fat: 4.04g (6.21%), Saturated Fat: 2.49g (15.53%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 15.15g (5.51%), Sugar: 9.19g (10.21%), Cholesterol: 14.71mg (4.9%), Sodium: 128.34mg (5.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.05%), Manganese: 0.13mg (6.55%), Selenium: 3.63µg (5.18%), Vitamin B1: 0.06mg (4.21%), Folate: 15.12µg (3.78%), Iron: 0.56mg (3.13%), Vitamin B2: 0.05mg (2.71%), Vitamin B3: 0.51mg (2.53%), Vitamin A: 124.82IU (2.5%), Magnesium: 8.54mg (2.13%), Potassium: 56.16mg (1.6%),

Copper: 0.03mg (1.38%), Phosphorus: 13.25mg (1.32%), Calcium: 13.05mg (1.31%), Vitamin B6: 0.03mg (1.25%)