



Tryon Palace Ginger Cookies

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



66

CALORIES



37 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 0.3 cup blackstrap molasses
- 0.5 teaspoon salt
- 1.3 cups sugar divided

0.7 cup vegetable oil

Equipment

baking sheet

oven

mixing bowl

hand mixer

Directions

Combine oil and 1 cup sugar in a large mixing bowl; beat at medium speed of an electric mixer until well blended.

Add egg, and beat well. Gradually stir in molasses.

Sift together flour, soda, salt, ginger, and cinnamon in a medium mixing bowl; gradually add to creamed mixture, stirring well after each addition.

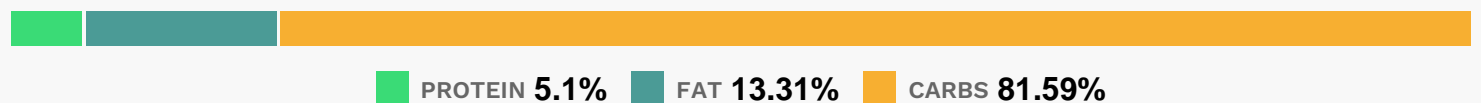
Place remaining sugar in a small mixing bowl; drop dough by teaspoonfuls into sugar, rolling to coat well.

Place balls 3 inches apart on lightly greased cookie sheets.

Bake at 350 for 8 to 10 minutes. (Cookies will flatten and crinkle.) Cool slightly on cookie sheets.

Remove from cookie sheets, and cool completely on wire racks. Store in airtight containers.

Nutrition Facts



Properties

Glycemic Index:2.94, Glycemic Load:5.16, Inflammation Score:-1, Nutrition Score:0.8599999981082%

Nutrients (% of daily need)

Calories: 37.1kcal (1.85%), Fat: 0.56g (0.86%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 7.55g (2.74%), Sugar: 4.75g (5.28%), Cholesterol: 2.48mg (0.83%), Sodium: 52.32mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Manganese: 0.06mg (3.06%), Selenium: 1.76µg (2.51%), Vitamin B1: 0.03mg (2.04%), Folate: 7.25µg (1.81%), Iron: 0.26mg (1.44%), Vitamin B2: 0.02mg (1.33%),

Vitamin B3: 0.24mg (1.2%), Magnesium: 4.09mg (1.02%)