



Ultimate Ginger Cookie



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



16

CALORIES



208 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 6 ounces crystallized ginger chopped
- ☐ 1 cup brown sugar dark packed
- ☐ 1 extra large eggs at room temperature
- ☐ 2.3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 teaspoons ground cloves
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup unsulfured molasses
- ☐ 0.3 cup vegetable oil

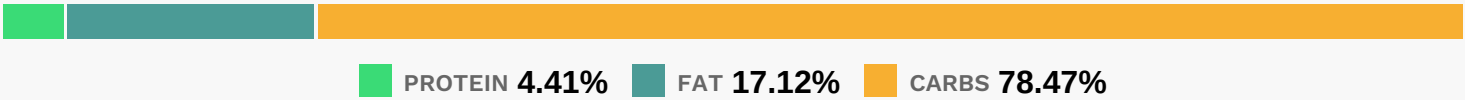
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ spatula
- ☐ ice cream scoop

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Line 2 sheet pans with parchment paper.
- ☐ In a large bowl, sift together the flour, baking soda, cinnamon, cloves, nutmeg, ginger, and salt and then combine the mixture with your hands. In the bowl of an electric mixer fitted with the paddle attachment, beat the brown sugar, oil, and molasses on medium speed for 5 minutes. Turn the mixer to low speed, add the egg, and beat for 1 minute. Scrape the bowl with a rubber spatula and beat for 1 more minute. With the mixer still on low, slowly add the dry ingredients to the bowl and mix on medium speed for 2 minutes.
- ☐ Add the crystallized ginger and mix until combined.
- ☐ Scoop the dough with 2 spoons or a small ice cream scoop. With your hands, roll each cookie into a 1 3/4-inch ball and then flatten them lightly with your fingers. Press both sides of each cookie in granulated sugar and place them on the sheet pans.
- ☐ Bake for exactly 13 minutes. The cookies will be crackled on the top and soft inside.
- ☐ Let the cookies cool on the sheets for 1 to 2 minutes, then transfer to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:12.03, Inflammation Score:-2, Nutrition Score:4.7834782397132%

Nutrients (% of daily need)

Calories: 207.53kcal (10.38%), Fat: 3.97g (6.11%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 40.95g (13.65%), Net Carbohydrates: 40.25g (14.64%), Sugar: 26.73g (29.69%), Cholesterol: 13.02mg (4.34%), Sodium: 118.69mg (5.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Manganese: 0.42mg (20.81%), Selenium: 8.51µg (12.15%), Vitamin B1: 0.14mg (9.52%), Folate: 34.07µg (8.52%), Iron: 1.36mg (7.58%), Vitamin K: 6.67µg (6.35%), Vitamin B2: 0.1mg (6.1%), Magnesium: 23.4mg (5.85%), Vitamin B3: 1.13mg (5.67%), Potassium: 148.47mg (4.24%), Copper: 0.07mg (3.55%), Calcium: 34.3mg (3.43%), Vitamin B6: 0.07mg (3.4%), Phosphorus: 29.23mg (2.92%), Fiber: 0.69g (2.77%), Vitamin E: 0.35mg (2.32%), Vitamin B5: 0.21mg (2.07%), Zinc: 0.21mg (1.37%)