



Whole Wheat Ginger Snaps

 Dairy Free  Popular

READY IN



25 min.

SERVINGS



60

CALORIES



87 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 tablespoon baking soda
- 1 cup butter
- 2 eggs beaten
- 1.5 teaspoons ground allspice
- 1.5 teaspoons ground cinnamon
- 1.5 teaspoons ground cloves
- 1 tablespoon ground ginger

- 1.5 teaspoons ground nutmeg
- 1 cup blackstrap molasses
- 1 cup sugar white for decoration
- 4 cups flour whole wheat

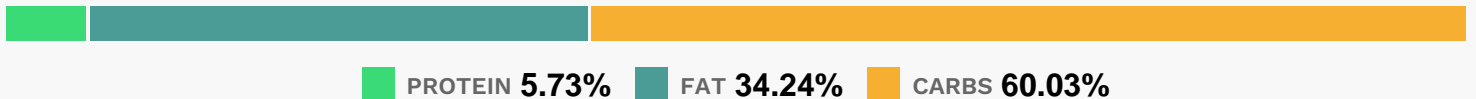
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a large bowl, cream together the butter and 1 1/2 cups of sugar until smooth.
- Mix in the eggs, and then the molasses.
- Combine the whole wheat flour, baking soda, baking powder, ginger, nutmeg, cinnamon, cloves, and allspice, heaping the measures if you like a lot of spice. Stir the dry ingredients into the molasses mixture just until blended.
- Roll the dough into small balls, and dip the top of each ball into the remaining white sugar.
- Place the cookies about 2 inches apart on the cookie sheets.
- Bake for 10 to 15 minutes in the preheated oven, until the tops are cracked.
- Bake longer for crispy cookies, less time for chewy cookies. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:4.93, Glycemic Load:4.22, Inflammation Score:-2, Nutrition Score:3.4252173852014%

Nutrients (% of daily need)

Calories: 86.63kcal (4.33%), Fat: 3.43g (5.28%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 12.62g (4.59%), Sugar: 7.58g (8.42%), Cholesterol: 5.46mg (1.82%), Sodium: 109.1mg (4.74%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Manganese: 0.48mg (24.07%), Selenium: 6.47µg (9.24%), Magnesium: 25.37mg (6.34%), Phosphorus: 37.38mg (3.74%), Fiber: 0.93g (3.73%), Vitamin B6: 0.07mg (3.7%), Iron: 0.63mg (3.48%), Potassium: 117.27mg (3.35%), Copper: 0.06mg (3.15%), Vitamin B1: 0.04mg (2.92%), Vitamin A: 144.54IU (2.89%), Calcium: 25.39mg (2.54%), Vitamin B3: 0.46mg (2.31%), Zinc: 0.25mg (1.67%), Vitamin B2: 0.02mg (1.32%), Vitamin E: 0.2mg (1.3%), Vitamin B5: 0.12mg (1.2%), Folate: 4.33µg (1.08%)