

Chewy Ginger Cookies

Ingredients:

1 tsp. baking soda
 ½ tsp. ground ginger
 ¼ tsp. salt
 ½ cup chopped crystallized ginger
 4 tbsp. unsalted butter, softened
 1 large egg
 3 tbsp. molasses
 ½ cup firmly packed light brown sugar
 ¼ cup granulated sugar
 1 ⅓ cup all purpose flour



Nutrition Facts

Serving Size 1 cookie (26g)
Servings Per Container 24

Amount Per Serving

Calories 90 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 85mg **4%**

Total Carbohydrate 18g **6%**

Dietary Fiber 0g **0%**

Sugars 10g

Protein 1g

Vitamin A 4% • Vitamin C 0%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Combine first 4 ingredients (through crystallized ginger) in a bowl.
2. Beat next 4 ingredients (through brown sugar) with an electric mixer at medium speed.
3. Add dry ingredients; mix until just blended. Wrap in plastic; chill 2 hours.
4. Preheat oven to 350 degrees. Coat 2 baking sheets with nonstick spray.
5. Fill 2 bowls; 1 with cold water, 1 with granulated sugar. Dampen hands in water; form a 1" ball of dough. Roll in sugar, place on baking sheet. Make cookies by placing 3" apart and lightly flatten tops. Bake 13-15 minutes, rotating sheets half way through. Remove from oven and let cool for 2 minutes. Transfer cookies to wire rack to cool completely.