

Ginger and Black Pepper Cookies

Recipe group
Baked Goods

Additional name
Baking and Pastry

Diet factors
VG, NF

Portions
12

Portion size
2.44 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1 cup	0 lb 7.10 oz	0%	0 lb 7.10 oz	Sugar, White, granulated	For Cookies: To a stand mixer, add all ingredients in step 1. Mix on low to combine.
	1/2 cup	0 lb 3.84 oz	0%	0 lb 3.84 oz	Oil, Canola	
	1/4 cup	0 lb 2.90 oz	0%	0 lb 2.90 oz	Molasses	
	1/4 cup	0 lb 2.00 oz	0%	0 lb 2.00 oz	Non-Dairy Milk, Soy, unsweetened	
	1 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Extract, Vanilla	



Combine step 1 ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 cup	0 lb 9.20 oz	0%	0 lb 9.20 oz	Flour, All-Purpose	In a large mixing bowl sift together all the ingredients from step 2. Add to stand mixer. Mix for 30-45 seconds or until combined.
	2 tsp	0 lb 0.16 oz	0%	0 lb 0.16 oz	Ginger, ground	
	1 tsp	0 lb 0.17 oz	0%	0 lb 0.18 oz	Baking Soda	
	1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Cinnamon, ground	
	1/2 tsp	0 lb 0.03 oz	0%	0 lb 0.04 oz	Cloves, ground	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Turmeric, ground	
	1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Pepper, Black, ground	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Salt, Kosher	



Mix dry ingredients



Mix until combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/2 cup	0 lb 3.55 oz	0%	0 lb 3.55 oz	Sugar, White, granulated	For Baking: Preheat oven to 350°F. Place sugar from step 3 into a small shallow dish. Using a #24 red scoop, portion cookies into 1" balls. Roll cookie ball in sugar and place on a lined sheet pan. Flatten dough slightly into 1 1/2 inch circle and space 1" apart.



*Scoop cookies
and roll in sugar*

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4					Bake for 8-10 minutes and cool 5 minutes before transferring to cooling rack.

4



Cooling cookies

ALLERGENS

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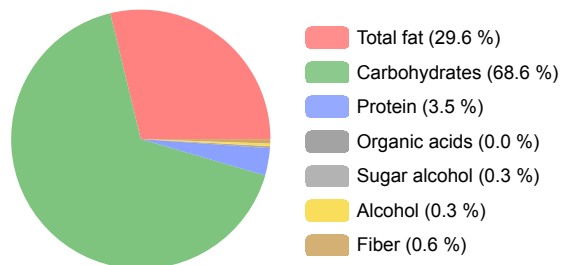
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NUTRITION INFORMATION

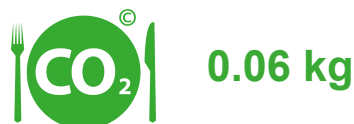
per portion

Energy nutritives			Calories	RDI	Minerals		RDI	
			285.48 kcal	14 %	Salt	0.35 g		
			1,194.43 kJ		Salt	0.50 %		
Total fat	9.56 g	12 %			Sodium	143.60 mg	6 %	Vitamins
Saturated	0.75 g	4 %			Phosphorus	26.86 mg	2 %	Vitamin A
Monounsaturated	5.77 g				Potassium	159.02 mg	3 %	Vitamin D
					Iron	0.75 mg	4 %	0.19 µg
					Calcium	36.69 mg	3 %	1 %
Polyunsaturated	2.65 g				Zinc	0.20 mg	2 %	Thiamine
Trans fatty acids	0.04 g				Magnesium	22.86 mg	5 %	0.03 mg
Cholesterol	0.00 mg	0 %			Iodine	0.00 µg	0 %	2 %
Linolenic acid	1.82 g				Selenium	8.97 µg	16 %	Riboflavin
Alpha-linolenic acid	830.37 mg				Copper	0.07 mg	8 %	0.02 mg
Total Carbohydrate	48.19 g	18 %						Niacin
								0.38 mg
Sugars total	30.35 g	61 %						2 %
Added sugar	0.00 g	0 %						Vitamin B6
Lactose	0.00 g							0.06 mg
Fiber	0.86 g	3 %						4 %
Organic acids	0.00 g	0.00 %						Vitamin B12
Sugar alcohol	0.33 g	0.28 %						0.00 µg
Starch	0.00 g	0.00 %						0 %
Protein	2.45 g	5 %						Vitamin C
Alcohol	0.12 g	0.30 %						0.01 mg
								0 %
								Vitamin E
								1.61 mg
								11 %
								Vitamin K
								6.85 µg
								6 %
								Others
								Water
								4.37 g

PERCENTAGE OF ENERGY



CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.