



Alaska Molasses Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



88 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 2 teaspoons baking soda
- ☐ 6 tablespoons butter softened
- ☐ 0.3 cup blackstrap molasses dark
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar divided
- ☐ 1 cup pastry flour whole wheat

Equipment

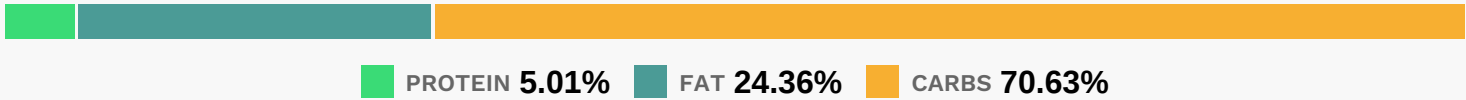
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Spoon applesauce onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes.
- ☐ Scrape into a bowl using a rubber spatula.
- ☐ Combine applesauce, 1 cup sugar, and butter; beat with a mixer at medium speed until well blended (about 3 minutes).
- ☐ Add molasses and egg; beat well.
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and next 5 ingredients (flours through cloves), stirring well with a whisk. Gradually add flour mixture to sugar mixture, beating until blended. Cover and freeze dough 30 minutes or until firm.
- ☐ Preheat oven to 37
- ☐ With moist hands, shape dough into 32 (1-inch) balls.
- ☐ Roll balls in 1/4 cup sugar.

- ☐
- Place 3 inches apart on baking sheets coated with cooking spray.
- ☐
- Bake at 375 for 8 to 10 minutes. Cool on pans 5 minutes.
- ☐
- Remove from pans; cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:8.48, Inflammation Score:-1, Nutrition Score:2.2817391327218%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 87.68kcal (4.38%), Fat: 2.45g (3.76%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 15.37g (5.59%), Sugar: 10.16g (11.29%), Cholesterol: 11.46mg (3.82%), Sodium: 125.22mg (5.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Manganese: 0.26mg (13.07%), Selenium: 4.7µg (6.71%), Vitamin B1: 0.05mg (3.49%), Magnesium: 12.91mg (3.23%), Iron: 0.5mg (2.76%), Folate: 9.74µg (2.44%), Fiber: 0.6g (2.39%), Vitamin B3: 0.45mg (2.25%), Phosphorus: 22.46mg (2.25%), Vitamin B2: 0.04mg (2.14%), Vitamin B6: 0.04mg (1.94%), Copper: 0.04mg (1.85%), Potassium: 63mg (1.8%), Vitamin A: 75.72IU (1.51%), Zinc: 0.16mg (1.07%)