



## Aunt Sally Cookies

READY IN



60 min.

SERVINGS



72

CALORIES



135 kcal

DESSERT

### Ingredients

- 4 teaspoons baking soda
- 1.5 cups powdered sugar
- 2 teaspoons cream of tartar
- 2 egg whites
- 2 egg yolk
- 5.5 cups flour all-purpose
- 1 tablespoon ground cinnamon
- 1 tablespoon ground ginger
- 18 large marshmallows

- 1 cup blackstrap molasses
- 2 teaspoons salt
- 2 cups shortening
- 1 cup milk sour
- 1 teaspoon vanilla extract
- 0.5 cup water
- 0.5 teaspoon vinegar white
- 1.5 cups granulated sugar white

## Equipment

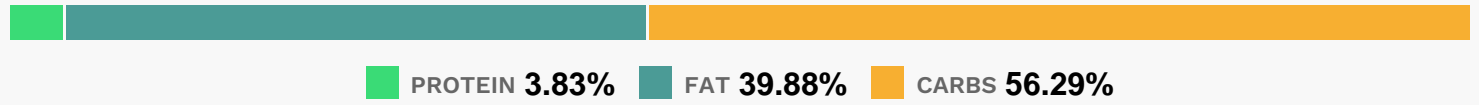
- bowl
- baking sheet
- oven
- pot
- hand mixer

## Directions

- In a large bowl, cream together 1 cup white sugar and shortening until smooth. Stir in the egg yolks and molasses.
- Combine the flour, cream of tartar, baking soda, salt, cinnamon and ginger; stir into the molasses mixture alternately with the sour milk. Cover and chill for 30 minutes.
- Preheat oven to 350 degrees F (175 degrees C). On a lightly floured surface roll the dough out to 1/8 inch thickness.
- Cut into rectangular shapes (I like to use a Spam can).
- Place cookies 1 inch apart onto an ungreased baking sheet.
- Bake for 8 to 10 minutes in the preheated oven, until lightly browned.
- Remove from baking sheets to cool on wire racks.
- To make the frosting, combine 1 1/2 cups sugar, vinegar, water and marshmallows.
- Mix well and place over a pot of simmering water. when the marshmallows have melted, stir in the egg whites.

- Remove from heat and beat with an electric mixer for 7 minutes. Stir in the vanilla and confectioners' sugar until well blended. Frost cooled cookies.

## Nutrition Facts



## Properties

Glycemic Index:4.76, Glycemic Load:10.64, Inflammation Score:-1, Nutrition Score:2.6282608577901%

## Nutrients (% of daily need)

Calories: 134.97kcal (6.75%), Fat: 6.06g (9.32%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 18.9g (6.87%), Sugar: 11.32g (12.57%), Cholesterol: 5.81mg (1.94%), Sodium: 132.11mg (5.74%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Protein: 1.31g (2.62%), Manganese: 0.18mg (9.03%), Selenium: 4.69µg (6.71%), Vitamin B1: 0.08mg (5.39%), Folate: 18.27µg (4.57%), Iron: 0.72mg (3.98%), Magnesium: 14.23mg (3.56%), Vitamin B2: 0.06mg (3.51%), Vitamin B3: 0.62mg (3.11%), Vitamin K: 3.11µg (2.96%), Potassium: 101mg (2.89%), Vitamin E: 0.37mg (2.48%), Copper: 0.04mg (2.03%), Vitamin B6: 0.04mg (2.01%), Phosphorus: 17.6mg (1.76%), Calcium: 17.37mg (1.74%), Vitamin B5: 0.15mg (1.48%), Fiber: 0.33g (1.31%)