



Chewy Molasses Cookies spiked with Ginger, Cinnamon and Figs



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



69 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1 large egg white for egg-free / vegan option (see post above)
- ☐ 1 cup figs blue stemmed finely chopped (such as Ribbon Orchard Choice or Sun-Maid)
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground ginger

- ☐ 0.7 cup brown sugar light packed
- ☐ 3 tablespoons blackstrap molasses light (blackstrap is optional f nutrition and a deeper flavor)
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup vegetable oil

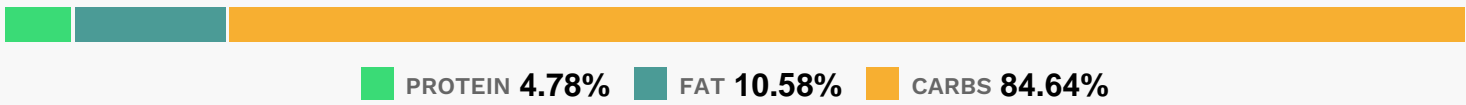
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat your oven to 350°F and optionally line a baking sheet with parchment paper or a silicone baking mat.Beat the brown sugar and oil in large bowl with electric mixer on medium speed until blended. Beat in the egg white and molasses.In a separate bowl combine the flour, baking soda, ginger, cinnamon and salt. On low speed, slowly beat in flour mixture until combined. With spoon, stir in figs.
- ☐ Place the granulated sugar in a small bowl.Shape 1-tablespoon portions of dough into balls, and roll each in the granulated sugar.
- ☐ Place the coated dough balls 2-1/2 inches apart on an ungreased cookie sheet.
- ☐ Bake the cookies 7 to 9 minutes, or until crackled on top and set around edges.
- ☐ Let cool for a couple of minutes on the baking sheet before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:6.44, Inflammation Score:-1, Nutrition Score:1.6743478245385%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 68.93kcal (3.45%), Fat: 0.83g (1.27%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 14.46g (5.26%), Sugar: 9.77g (10.85%), Cholesterol: 0mg (0%), Sodium: 68.6mg (2.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Manganese: 0.13mg (6.29%), Selenium: 2.84µg (4.06%), Vitamin B1: 0.05mg (3.65%), Folate: 12.02µg (3%), Iron: 0.47mg (2.63%), Vitamin B2: 0.04mg (2.37%), Vitamin B3: 0.44mg (2.18%), Magnesium: 8.35mg (2.09%), Potassium: 63.99mg (1.83%), Fiber: 0.43g (1.72%), Vitamin K: 1.74µg (1.65%), Vitamin B6: 0.03mg (1.39%), Copper: 0.03mg (1.38%), Calcium: 12.41mg (1.24%)