



# Christmas Cookies I

 Vegetarian

READY IN



45 min.

SERVINGS



100

CALORIES



260 kcal

DESSERT

## Ingredients

- 1 tablespoon baking soda
- 1 cup butter
- 0.5 pound candied citron chopped
- 2 teaspoons cooking oil
- 1 pound currants dried
- 4 eggs
- 20 cups flour all-purpose
- 2 teaspoons ground allspice

- 2 teaspoons ground cinnamon
- 2 teaspoons ground cloves
- 2 teaspoons nutmeg
- 4 cups blackstrap molasses
- 1 pound nuts chopped
- 1 pound raisins
- 1 teaspoon salt
- 2 cups milk sour
- 6 cups granulated sugar white

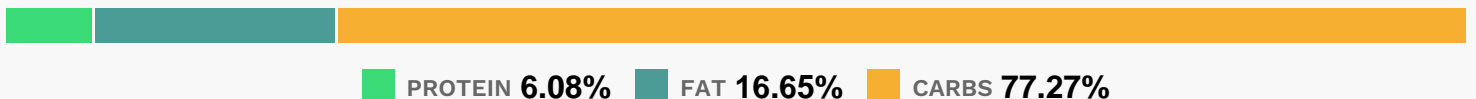
## Equipment

- baking sheet
- oven
- cookie cutter

## Directions

- Grind the nuts, raisins, currants and citron. Boil the molasses and the sugar.
- Let cool then add the ground mixture, the eggs, salt, cinnamon, cloves, nutmeg, anise oil, sour milk and baking soda.
- Add enough flour to stiffen dough. Refrigerate dough for several days.
- When ready to bake preheat oven to 350 degrees F (175 degrees C). Dough may be rolled out to 1/4 inch thick and cut with cookie cutters or you can shape dough into logs and slice.
- Place cookies on greased cookie sheets and bake for 10 to 12 minutes.

## Nutrition Facts



## Properties

Glycemic Index:4.81, Glycemic Load:29.66, Inflammation Score:-4, Nutrition Score:7.4673912862073%

## Nutrients (% of daily need)

Calories: 260.07kcal (13%), Fat: 4.93g (7.59%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 51.53g (17.18%), Net Carbohydrates: 49.85g (18.13%), Sugar: 27.02g (30.03%), Cholesterol: 12.01mg (4%), Sodium: 86.78mg (3.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Manganese: 0.54mg (26.76%), Selenium: 11.68µg (16.69%), Vitamin B1: 0.23mg (15.13%), Magnesium: 52.51mg (13.13%), Folate: 49.56µg (12.39%), Iron: 2.22mg (12.33%), Vitamin B3: 1.95mg (9.74%), Vitamin B2: 0.17mg (9.74%), Potassium: 336.25mg (9.61%), Copper: 0.19mg (9.53%), Vitamin B6: 0.14mg (7.16%), Phosphorus: 68.07mg (6.81%), Fiber: 1.68g (6.72%), Calcium: 48.89mg (4.89%), Vitamin B5: 0.32mg (3.25%), Zinc: 0.46mg (3.08%), Vitamin A: 79IU (1.58%)