



Dutch Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



149 kcal

DESSERT

Ingredients

- 3 teaspoons baking soda
- 0.3 cup buttermilk
- 0.5 cup candied citron chopped
- 3.5 cups flour all-purpose
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg
- 1 cup blackstrap molasses
- 2 cups raisins

- 0.5 teaspoon salt
- 6 tablespoons shortening
- 1 cup walnuts chopped
- 0.3 cup sugar white

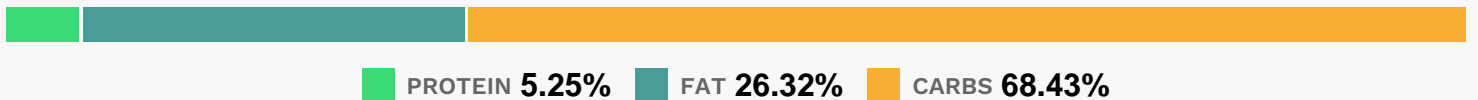
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Sift together flour, baking soda, salt, the three spices and set aside.
- Mix until blended, the shortening, sugar, molasses and sour milk. To this add the flour mixture, the walnuts, the raisins and citron.
- Mix until well combined.
- Turn dough onto a large sheet of waxed paper or foil. Shape into a roll 2 inches in diameter. Wrap in the paper or foil and refrigerate for several hours or overnight (or even up to two weeks).
- About 15 minutes before baking time, turn on oven and pre-heat to 350 degrees F (175 degrees C). Grease cookie sheets.
- Slice chilled dough 3/8 inch thick and place on greased cookie sheet.
- Bake about 15 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:10.39, Glycemic Load:14.23, Inflammation Score:-2, Nutrition Score:4.5556521480498%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 148.86kcal (7.44%), Fat: 4.5g (6.92%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 25.13g (9.14%), Sugar: 10.27g (11.41%), Cholesterol: 0.18mg (0.06%), Sodium: 133.51mg (5.8%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.02g (4.04%), Manganese: 0.39mg (19.66%), Selenium: 6.08µg (8.69%), Magnesium: 33.3mg (8.33%), Vitamin B1: 0.12mg (8.05%), Iron: 1.33mg (7.37%), Copper: 0.14mg (7.05%), Potassium: 234.66mg (6.7%), Folate: 25.78µg (6.45%), Vitamin B6: 0.1mg (5.08%), Vitamin B2: 0.08mg (4.88%), Fiber: 1.19g (4.75%), Vitamin B3: 0.93mg (4.67%), Phosphorus: 34.98mg (3.5%), Calcium: 29.86mg (2.99%), Vitamin B5: 0.17mg (1.72%), Zinc: 0.24mg (1.58%), Vitamin K: 1.34µg (1.27%), Vitamin E: 0.17mg (1.11%)