



Ingredients

- 1.5 teaspoons baking soda
- 1 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 0.3 cup blackstrap molasses
- 0.5 teaspoon salt

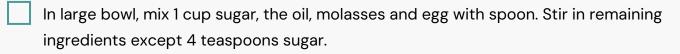
1 cup sugar
4 teaspoons sugar
0.5 cup vegetable oil

Equipment

bowl
baking sheet
oven
wire rack

Directions

Heat oven to 375F.



Divide dough in half. Pat half of dough into 14x2-inch strip on ungreased cookie sheet.

Cut strip lengthwise in half; separate strips at least 3 inches. Flatten strips slightly with fork dipped in sugar to about 1/2-inch thickness.

Sprinkle each strip with 1 teaspoon sugar. Repeat with remaining dough.

Bake 6 to 7 minutes or until edges are light brown and tops appear cracked; cool 2 minutes.

Cut each strip crosswise into 1-inch slices; remove from cookie sheet to wire rack. Store loosely covered.

Nutrition Facts

PROTEIN 5.55% 📕 FAT 11.62% 📒 CARBS 82.83%

Properties

Glycemic Index:4.72, Glycemic Load:5.65, Inflammation Score:-1, Nutrition Score:1.0008695786414%

Nutrients (% of daily need)

Calories: 40.18kcal (2.01%), Fat: 0.52g (0.81%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 8.28g (3.01%), Sugar: 4.99g (5.54%), Cholesterol: 2.92mg (0.97%), Sodium: 51.93mg (2.26%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.56g (1.13%), Manganese: 0.07mg (3.68%), Selenium: 2.06µg (2.94%), Vitamin B1: 0.04mg (2.4%), Folate: 8.55µg (2.14%), Iron: 0.3mg (1.67%), Vitamin B2: 0.03mg (1.56%), Vitamin B3: 0.28mg (1.4%), Magnesium: 4.81mg (1.2%)