



Frosted Molasses Ginger Sandwich Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



193 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons baking soda
- ☐ 2.5 cups confectioners' sugar
- ☐ 1 eggs
- ☐ 4.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 tablespoon butter
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.1 teaspoon salt

- ☐ 3 tablespoons water boiling
- ☐ 1 cup sugar white

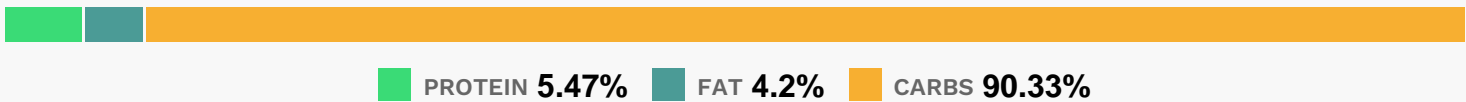
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, cream together 1 cup margarine and sugar until smooth. Beat in the egg and molasses until well blended. Dissolve the baking soda in boiling water; stir into the molasses mixture. Gradually mix in the flour to make a smooth dough. Cover and chill dough for at least 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C). On a lightly floured surface, roll the dough out to 1/8 inch in thickness.
- ☐ Cut into circles using a 3 inch round cutter.
- ☐ Cut a smaller 1 inch circle out of half of the cookies. It is easier to cut the center hole after the cookies have been placed onto the cookie sheets.
- ☐ Place cookies 1 inch apart onto ungreased cookie sheets.
- ☐ Bake for 7 to 10 minutes in the preheated oven, until edges begin to darken. Allow cookies to cool completely before sandwiching. Frost solid cookies and place a cookie with the center hole on top.
- ☐ To make the frosting: Beat 1 tablespoon of margarine and water together. Blend in the ginger and salt. Gradually beat in the confectioners' sugar until the desired consistency is reached. Sandwich between cooled cookies.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:21.06, Inflammation Score:-2, Nutrition Score:4.4665217318613%

Nutrients (% of daily need)

Calories: 193.27kcal (9.66%), Fat: 0.91g (1.4%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 43.94g (14.65%), Net Carbohydrates: 43.3g (15.75%), Sugar: 25.86g (28.73%), Cholesterol: 6.82mg (2.27%), Sodium: 137.72mg (5.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Selenium: 9.9µg (14.14%), Manganese: 0.28mg (13.78%), Vitamin B1: 0.19mg (12.51%), Folate: 43.76µg (10.94%), Iron: 1.47mg (8.15%), Vitamin B2: 0.13mg (7.56%), Vitamin B3: 1.45mg (7.26%), Magnesium: 22.45mg (5.61%), Potassium: 131.05mg (3.74%), Copper: 0.07mg (3.56%), Phosphorus: 31.29mg (3.13%), Vitamin B6: 0.06mg (3.03%), Fiber: 0.64g (2.54%), Calcium: 19.41mg (1.94%), Vitamin B5: 0.19mg (1.88%), Zinc: 0.21mg (1.41%)