



 1%
HEALTH SCORE

Ginger Molasses Rounds

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



485 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon baking soda
- 0.8 cup butter
- 1 teaspoon cinnamon
- 1 eggs
- 1.5 cups flour all-purpose sifted
- 1 cup granulated sugar for coating
- 0.5 teaspoon ground ginger
- 0.1 cup blackstrap molasses

- 0.3 teaspoon salt
- 1 tablespoon sugar

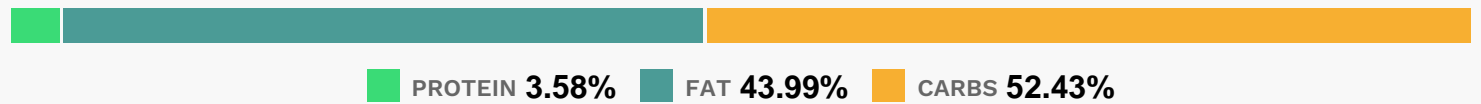
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, cream together butter and sugar. Beat in egg and molasses. In a separate bowl, combine flour, soda, salt and spices, and blend into creamed mixture. Shape into small balls and roll in additional sugar to coat.
- Place the balls 2 inches apart on a baking sheet lined with parchment.
- Bake in 350 degree oven for no more than 8 - 9 minutes, until just set. (They are going to be soft and their tops just slightly cracked at this point, but don't worry - they harden quickly. Removing them at the right time will ensure the perfect chewiness.)

Nutrition Facts



Properties

Glycemic Index: 52.36, Glycemic Load: 44.24, Inflammation Score: -5, Nutrition Score: 7.4552173913043%

Nutrients (% of daily need)

Calories: 485.46kcal (24.27%), Fat: 24.15g (37.15%), Saturated Fat: 14.87g (92.93%), Carbohydrates: 64.74g (21.58%), Net Carbohydrates: 63.7g (23.16%), Sugar: 40.65g (45.17%), Cholesterol: 88.29mg (29.43%), Sodium: 384.61mg (16.72%), Protein: 4.42g (8.84%), Manganese: 0.44mg (21.9%), Selenium: 14.69µg (20.99%), Vitamin B1: 0.25mg (16.85%), Folate: 61.53µg (15.38%), Vitamin A: 749.72IU (14.99%), Vitamin B2: 0.2mg (12.05%), Iron: 1.99mg (11.08%), Vitamin B3: 1.95mg (9.74%), Magnesium: 25.87mg (6.47%), Phosphorus: 57.75mg (5.77%), Vitamin E: 0.76mg (5.08%), Potassium: 157.24mg (4.49%), Copper: 0.09mg (4.45%), Fiber: 1.04g (4.18%), Vitamin B6: 0.08mg (3.78%), Vitamin B5: 0.34mg (3.39%), Calcium: 33.94mg (3.39%), Zinc: 0.38mg (2.5%), Vitamin K: 2.21µg (2.1%), Vitamin B12: 0.11µg (1.89%)