



## Gluten-Free Molasses Cookies

 Dairy Free

READY IN



55 min.

SERVINGS



48

CALORIES



90 kcal

DESSERT

### Ingredients

- 1 cup brown sugar packed
- 0.8 cup shortening
- 0.3 cup blackstrap molasses
- 1 eggs
- 16 oz flour gluten free
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger

- 0.5 teaspoon ground cloves
- 0.5 teaspoon xanthan gum
- 0.3 teaspoon salt
- 3 tablespoons granulated sugar

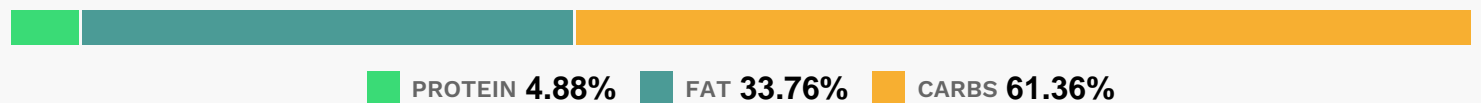
## Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- Heat oven to 350°F. In large bowl, mix brown sugar, shortening, molasses and egg with spoon. Stir in remaining ingredients except granulated sugar.
- Shape dough by rounded teaspoonfuls into 48 (1-inch) balls.
- Roll in granulated sugar.
- Place on ungreased cookie sheet 2 inches apart.
- Bake 9 to 12 minutes or until set and cookies appear dry.
- Let stand 1 minute; remove from cookie sheet to cooling rack.

## Nutrition Facts



## Properties

Glycemic Index:4.04, Glycemic Load:6.32, Inflammation Score:-1, Nutrition Score:1.9356521646614%

## Nutrients (% of daily need)

Calories: 89.82kcal (4.49%), Fat: 3.39g (5.22%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 13.56g (4.93%), Sugar: 6.54g (7.26%), Cholesterol: 3.41mg (1.14%), Sodium: 39.45mg (1.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Manganese: 0.13mg (6.41%), Selenium: 3.88µg (5.55%), Vitamin B1: 0.08mg (5.06%), Folate: 17.78µg (4.45%), Iron: 0.59mg (3.26%), Vitamin B2: 0.05mg (3.01%),

Vitamin B3: 0.58mg (2.92%), Magnesium: 7.02mg (1.75%), Vitamin K: 1.78µg (1.69%), Vitamin E: 0.21mg (1.43%), Phosphorus: 12.95mg (1.29%), Copper: 0.03mg (1.27%), Potassium: 44.16mg (1.26%), Fiber: 0.31g (1.26%)