



Grammy Howard's Molasses Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



105 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 teaspoon cinnamon
- ☐ 1 eggs
- ☐ 2 cups flour sifted
- ☐ 0.5 teaspoon ginger
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sugar
- ☐ 0.8 cup shortening

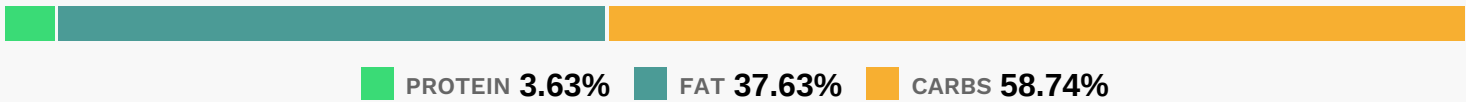
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Melt shortening in a small saucepan over low heat.
- ☐ Let cool.
- ☐ Transfer to a large bowl.
- ☐ Add sugar, molasses, and egg. Beat until incorporated.
- ☐ In a medium bowl, sift together flour, soda, cloves, ginger, cinnamon and salt.
- ☐ Add dry ingredients to wet ingredients and beat until evenly incorporated. Stir in raisins. Cover dough with plastic wrap and let chill in refrigerator for one hour.
- ☐ Preheat oven to 375°F. Line to baking sheets with parchment paper.
- ☐ Roll dough into one inch balls. Fill a shallow dish with granulated sugar.
- ☐ Roll each ball in sugar and place on cookie sheet.
- ☐ Bake until golden, 8-10 minutes.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:10.18, Inflammation Score:-1, Nutrition Score:1.8991304357415%

Nutrients (% of daily need)

Calories: 105.04kcal (5.25%), Fat: 4.5g (6.92%), Saturated Fat: 1.12g (7.03%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 15.31g (5.57%), Sugar: 7.32g (8.13%), Cholesterol: 4.55mg (1.52%), Sodium: 97.2mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Manganese: 0.1mg (5.22%), Selenium: 3.21µg (4.58%), Vitamin B1: 0.06mg (4.09%), Folate: 13.41µg (3.35%), Iron: 0.57mg (3.16%), Vitamin B2: 0.05mg (2.84%), Vitamin B3: 0.48mg (2.39%), Potassium: 76.99mg (2.2%), Vitamin K: 2.31µg (2.2%), Magnesium: 8.59mg (2.15%), Fiber: 0.49g (1.97%), Vitamin E: 0.28mg (1.87%), Copper: 0.04mg (1.76%), Vitamin B6: 0.03mg (1.43%), Phosphorus: 13.71mg (1.37%)