



Hermits I

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 3 eggs
- ☐ 3.3 cups flour all-purpose
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 0.5 cup blackstrap molasses

- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnuts chopped
- ☐ 1.5 cups sugar white

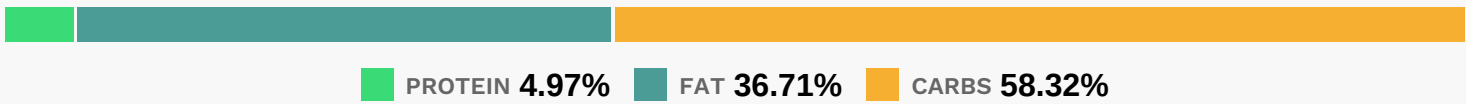
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 325 degrees F (160 degrees C). Grease cookie sheets.
- ☐ In a large bowl cream together butter, sugar and spices. Beat in the eggs one at a time. Sift in the flour, baking soda and salt and stir until well blended. Stir in molasses and raisins.
- ☐ Spread mixture on cookie sheet and bake for 25 minutes.
- ☐ Cut into bars while warm and let cool on wire rack.
- ☐ To make drop cookies: Preheat oven to 375 degrees F (190 degrees C). Drop batter about 2 inches apart on greased cookie sheet and bake 12 to 15 minutes.
- ☐ Let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:7.04, Glycemic Load:11.48, Inflammation Score:-2, Nutrition Score:2.6860869546299%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 120.13kcal (6.01%), Fat: 5.02g (7.73%), Saturated Fat: 2.61g (16.33%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 17.4g (6.33%), Sugar: 8.93g (9.92%), Cholesterol: 20.4mg (6.8%), Sodium: 83.89mg (3.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Manganese: 0.2mg (9.79%), Selenium: 4.51µg (6.44%), Vitamin B1: 0.08mg (5.12%), Folate: 18.24µg (4.56%), Iron: 0.74mg (4.09%), Vitamin B2: 0.06mg (3.81%), Magnesium: 13.8mg (3.45%), Copper: 0.06mg (3.04%), Vitamin B3: 0.59mg (2.93%), Potassium: 96.7mg (2.76%), Vitamin A: 133.69IU (2.67%), Phosphorus: 23.41mg (2.34%), Fiber: 0.56g (2.24%), Vitamin B6: 0.04mg (2.23%), Calcium: 14.21mg (1.42%), Vitamin B5: 0.12mg (1.21%), Vitamin E: 0.16mg (1.05%), Zinc: 0.16mg (1.03%)