



Iced Molasses Cookies

 Gluten Free

READY IN



75 min.

SERVINGS



36

CALORIES



55 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup shortening
- ☐ 0.5 cup blackstrap molasses
- ☐ 2 eggs
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.1 teaspoon ground cloves

- ☐ 1 cup powdered sugar
- ☐ 1 tablespoon milk
- ☐ 0.3 teaspoon vanilla
- ☐ 3.5 cups frangelico

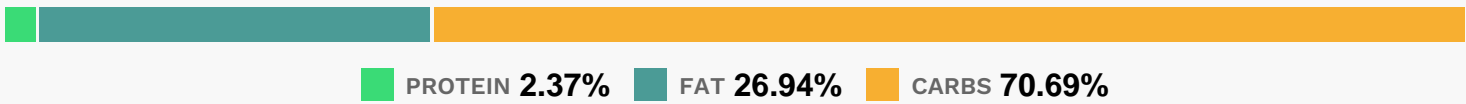
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Spray cookie sheets with cooking spray. In large bowl, beat brown sugar, shortening and molasses with electric mixer on medium speed until well blended. Beat in eggs. Stir in remaining cookie ingredients until well blended. (Dough will be sticky.)
- ☐ Drop dough by rounded teaspoonfuls about 1 inch apart onto cookie sheets.
- ☐ Bake 7 to 9 minutes or until light golden brown.
- ☐ Remove from cookie sheets to cooling racks. Cool completely, about 20 minutes.
- ☐ In small bowl, mix icing ingredients until smooth.
- ☐ Drizzle icing over cookies.

Nutrition Facts



Properties

Glycemic Index:4.36, Glycemic Load:1.55, Inflammation Score:-1, Nutrition Score:1.1182608831188%

Nutrients (% of daily need)

Calories: 55.05kcal (2.75%), Fat: 1.69g (2.6%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 9.92g (3.61%), Sugar: 9.76g (10.85%), Cholesterol: 9.14mg (3.05%), Sodium: 6.39mg (0.28%), Alcohol: 0.01g (100%), Alcohol %: 0.08% (100%), Protein: 0.33g (0.67%), Manganese: 0.11mg (5.38%), Magnesium:

12.17mg (3.04%), Selenium: 1.68µg (2.4%), Potassium: 77.65mg (2.22%), Vitamin B6: 0.04mg (1.88%), Iron: 0.31mg (1.7%), Calcium: 14.78mg (1.48%), Copper: 0.03mg (1.35%)