



## Joe Froggers

 Dairy Free

READY IN



600 min.

SERVINGS



36

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon baking soda
- 1 cup blackstrap molasses dark
- 4 cups flour all-purpose
- 0.3 teaspoon ground allspice
- 0.5 teaspoon ground cloves
- 1.5 teaspoons ground ginger
- 0.5 teaspoon ground nutmeg
- 1.5 teaspoons salt

- 0.5 cup shortening
- 0.5 cup water
- 1 cup sugar white

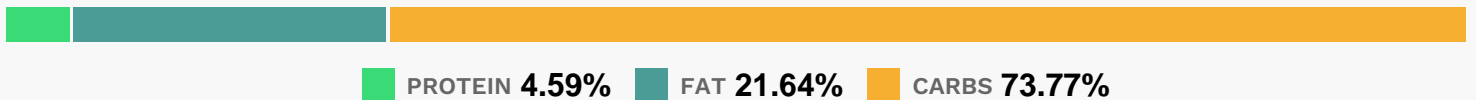
## Equipment

- bowl
- baking sheet
- oven
- cookie cutter

## Directions

- In a large bowl, cream shortening and sugar together.
- Mix in molasses and water. Sift together flour, salt, baking soda, ginger, cloves, nutmeg, and allspice in a bowl; blend into the shortening mixture. Cover and chill overnight.
- Preheat oven to 375 degrees F (190 degrees C). Lightly grease cookie sheets.
- Roll out cookie dough 1/4 inch thick on floured surface.
- Cut with 3-inch cookie cutter and arrange on prepared cookie sheets.
- Sprinkle cookies with additional sugar (optional).
- Bake until cookies are set up and very lightly browned, 10 to 12 minutes. You need to leave cookies on cookie sheet for 2 minutes after baking to keep them from breaking.

## Nutrition Facts



## Properties

Glycemic Index:7.61, Glycemic Load:14.63, Inflammation Score:-2, Nutrition Score:3.5147825639047%

## Nutrients (% of daily need)

Calories: 124.8kcal (6.24%), Fat: 3.03g (4.66%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 22.82g (8.3%), Sugar: 12.59g (13.98%), Cholesterol: 0mg (0%), Sodium: 131.48mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Manganese: 0.28mg (14.2%), Selenium: 6.46µg (9.23%),

Vitamin B1: 0.11mg (7.58%), Magnesium: 26.06mg (6.52%), Folate: 25.46µg (6.37%), Iron: 1.11mg (6.19%), Vitamin B3: 0.92mg (4.58%), Potassium: 153.29mg (4.38%), Vitamin B2: 0.07mg (4.12%), Vitamin B6: 0.07mg (3.48%), Copper: 0.07mg (3.37%), Calcium: 21.93mg (2.19%), Phosphorus: 18.15mg (1.81%), Fiber: 0.4g (1.62%), Vitamin B5: 0.16mg (1.56%), Vitamin K: 1.6µg (1.52%), Vitamin E: 0.19mg (1.24%)