

# Molasses Cookie Mix

 Vegetarian

READY IN



10 min.

SERVINGS



100

CALORIES



113 kcal

DESSERT

## Ingredients

- 1 tablespoon double-acting baking powder
- 1 tablespoon baking soda
- 0.8 cup butter softened
- 1 eggs
- 6 cups flour all-purpose
- 0.5 teaspoon ground allspice
- 1 tablespoon ground cinnamon
- 0.8 teaspoon ground cloves

- 1 tablespoon ground ginger
- 1.5 teaspoons nutmeg
- 0.3 cup blackstrap molasses
- 3 cups sugar
- 100 servings sugar

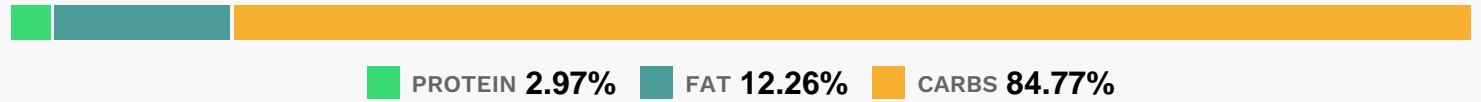
## Equipment

- bowl

## Directions

- In a bowl, combine the first nine ingredients. Divide into three batches; store in airtight containers in a cool dry place for up to 6 months.

## Nutrition Facts



## Properties

Glycemic Index:4.91, Glycemic Load:17.02, Inflammation Score:-1, Nutrition Score:1.4534782659586%

## Nutrients (% of daily need)

Calories: 112.53kcal (5.63%), Fat: 1.57g (2.42%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 24.18g (8.79%), Sugar: 18.63g (20.7%), Cholesterol: 5.3mg (1.77%), Sodium: 57.84mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Manganese: 0.11mg (5.29%), Selenium: 2.99µg (4.26%), Vitamin B1: 0.06mg (3.98%), Folate: 14.02µg (3.51%), Vitamin B2: 0.04mg (2.54%), Iron: 0.44mg (2.43%), Vitamin B3: 0.46mg (2.29%), Phosphorus: 12.5mg (1.25%), Calcium: 11.81mg (1.18%), Fiber: 0.27g (1.06%), Magnesium: 4.07mg (1.02%)