



Molasses Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup t brown sugar dark
- ☐ 1 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar plus more for rolling
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 1 pinch kosher salt
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.8 cup butter unsalted at room temperature
- ☐ 1.5 teaspoons vanilla extract pure

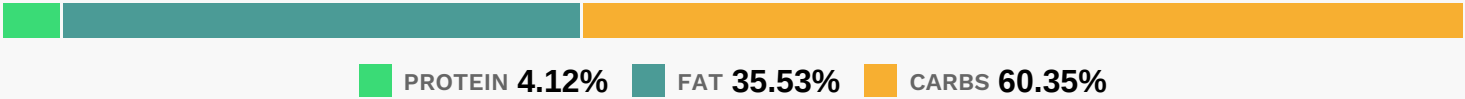
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ stand mixer

Directions

- ☐ Sift the flour, baking soda, salt, cinnamon, cloves, and allspice into a large bowl.
- ☐ Put the butter, dark brown sugar, and granulated sugar in the bowl of a stand mixer and cream them together on medium-high speed until light and fluffy, about 3 minutes.
- ☐ Add the egg and the vanilla and beat to incorporate.
- ☐ Add the molasses and beat until combined.
- ☐ Working in three batches, gradually add the dry ingredients to the wet, mixing on low speed to incorporate between additions. Turn the dough out onto a sheet of plastic wrap; tightly wrap, and chill for 30 minutes and up to overnight.
- ☐ When ready to bake the cookies, position a rack in the center of the oven and preheat the oven to 325°F. Line 2 cookie sheets with parchment paper.
- ☐ Scoop out 2-inch balls of dough and roll them in granulated sugar to coat; place on the baking sheets at least 2 to 3 inches apart. Press each down gently with your fingers to flatten slightly.
- ☐ Bake for 10 to 12 minutes, rotating the cookie sheets halfway through baking.
- ☐ Transfer the cookies to racks to cool; serve right away or keep in an airtight container at room temperature for up to 3 days.
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Nutrition Facts



Properties

Glycemic Index:6.97, Glycemic Load:9.54, Inflammation Score:-2, Nutrition Score:2.6560869445295%

Nutrients (% of daily need)

Calories: 122.35kcal (6.12%), Fat: 4.88g (7.51%), Saturated Fat: 2.99g (18.66%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 18.35g (6.67%), Sugar: 11.14g (12.38%), Cholesterol: 18.4mg (6.13%), Sodium: 62.43mg (2.71%), Alcohol: 0.07g (100%), Alcohol %: 0.29% (100%), Protein: 1.27g (2.54%), Manganese: 0.18mg (8.78%), Selenium: 4.93µg (7.05%), Vitamin B1: 0.08mg (5.31%), Folate: 18.8µg (4.7%), Iron: 0.78mg (4.35%), Magnesium: 16.52mg (4.13%), Vitamin B2: 0.06mg (3.45%), Vitamin B3: 0.64mg (3.18%), Vitamin A: 151.17IU (3.02%), Potassium: 102.04mg (2.92%), Vitamin B6: 0.05mg (2.33%), Copper: 0.05mg (2.3%), Calcium: 19.19mg (1.92%), Phosphorus: 17.15mg (1.71%), Vitamin B5: 0.12mg (1.25%), Fiber: 0.3g (1.21%), Vitamin E: 0.16mg (1.05%)