



Molasses Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 cups blackstrap molasses dark
- ☐ 7 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cloves
- ☐ 1 tablespoon ground ginger
- ☐ 1 teaspoon nutmeg
- ☐ 1 halves pecans

- ☐ 0.3 cup rum
- ☐ 1 tablespoon salt
- ☐ 1 cup shortening
- ☐ 2 cups sugar
- ☐ 0.8 cup water

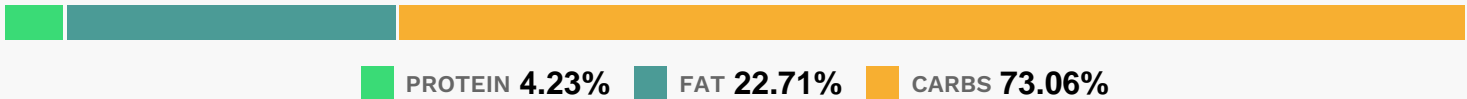
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Cream shortening in a large mixing bowl; gradually add sugar, beating well.
- ☐ Dissolve soda in molasses in a small mixing bowl; stir until well blended, and set aside.
- ☐ Combine water and rum, stirring well; set aside.
- ☐ Sift together flour, salt, and spices in a large mixing bowl; gradually add to creamed mixture alternately with reserved molasses and rum mixtures, beginning and ending with flour mixture, stirring well after each addition. Divide dough in half; wrap each half in waxed paper, and chill overnight.
- ☐ Work with one half of dough, keeping remaining dough chilled until ready to use.
- ☐ Roll to 1/8-inch thickness on a well-floured surface.
- ☐ Cut with a diamond- shaped cutter.
- ☐ Place on lightly greased cookie sheets, and firmly press a pecan half in center of each cookie.
- ☐ Bake at 350 for 10 minutes or until lightly browned and crisp.
- ☐ Remove from cookie sheets, and cool on wire racks. Repeat procedure with remaining dough and pecans.

Nutrition Facts



Properties

Glycemic Index:2.99, Glycemic Load:9.84, Inflammation Score:-1, Nutrition Score:2.3539130406697%

Nutrients (% of daily need)

Calories: 86.75kcal (4.34%), Fat: 2.18g (3.35%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 15.51g (5.64%), Sugar: 9.06g (10.07%), Cholesterol: 0mg (0%), Sodium: 94.62mg (4.11%), Alcohol: 0.2g (100%), Alcohol %: 1.05% (100%), Protein: 0.91g (1.83%), Manganese: 0.19mg (9.67%), Selenium: 4.22µg (6.03%), Vitamin B1: 0.07mg (4.81%), Magnesium: 18.48mg (4.62%), Iron: 0.74mg (4.12%), Folate: 16.05µg (4.01%), Potassium: 108.97mg (3.11%), Vitamin B3: 0.59mg (2.93%), Vitamin B2: 0.04mg (2.61%), Vitamin B6: 0.05mg (2.48%), Copper: 0.05mg (2.35%), Calcium: 15.58mg (1.56%), Phosphorus: 11.76mg (1.18%), Vitamin K: 1.15µg (1.09%), Vitamin B5: 0.11mg (1.07%), Fiber: 0.26g (1.03%)