



Molasses Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



74 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 large eggs
- ☐ 10 ounces flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.5 cup blackstrap molasses
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup vegetable shortening
- ☐ 0.5 cup water

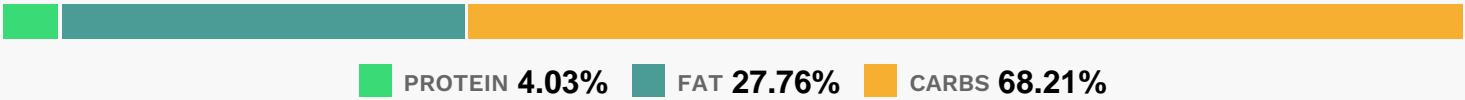
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Combine brown sugar and shortening in a large bowl; beat with a mixer at medium speed until light and fluffy.
- ☐ Add molasses and egg; beat well. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (through salt), stirring with a whisk.
- ☐ Add flour mixture to sugar mixture; beat at low speed just until blended. Cover and freeze 1 hour.
- ☐ Preheat oven to 37
- ☐ Place water in a small bowl.
- ☐ Place granulated sugar in another small bowl. Lightly coat hands with cooking spray. Shape dough into 1-inch balls. Dip one side of each ball in water; dip wet side in sugar.
- ☐ Place balls, sugar side up, 1 inch apart, on baking sheets coated with cooking spray.
- ☐ Bake at 375 for 8 minutes.
- ☐ Remove from pans; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:4.04, Glycemic Load:5.14, Inflammation Score:-1, Nutrition Score:1.6439130387228%

Nutrients (% of daily need)

Calories: 73.7kcal (3.69%), Fat: 2.3g (3.54%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 12.54g (4.56%), Sugar: 8.13g (9.03%), Cholesterol: 3.88mg (1.29%), Sodium: 62.18mg (2.7%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 0.75g (1.5%), Manganese: 0.12mg (6.2%), Selenium: 3.02µg (4.32%), Vitamin B1: 0.05mg (3.25%), Folate: 11.35µg (2.84%), Iron: 0.5mg (2.79%), Magnesium: 10.48mg (2.62%), Vitamin B2: 0.03mg (2.02%), Vitamin B3: 0.39mg (1.95%), Potassium: 65.8mg (1.88%), Vitamin B6: 0.03mg (1.5%), Copper: 0.03mg (1.46%), Calcium: 13.16mg (1.32%), Vitamin K: 1.2µg (1.14%)