



Molasses Cookies I

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



111 kcal

DESSERT

Ingredients

- ☐ 3 teaspoons baking soda
- ☐ 1 cup butter melted
- ☐ 3 tablespoons cider vinegar
- ☐ 2 eggs
- ☐ 6 cups flour all-purpose
- ☐ 1 teaspoon ground ginger
- ☐ 1 cup unsulfured molasses
- ☐ 0.5 cup warm water

☐ 1.5 cups sugar white

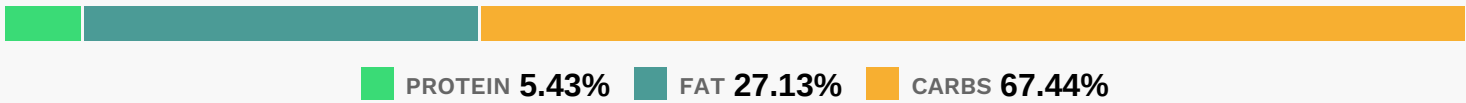
Equipment

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C).
- ☐ Mix ingredients in order given, by hand (mixers ruin this recipe!).
- ☐ Mix in baking soda dissolved in water.
- ☐ Add the flour last.
- ☐ Lightly flour board, and add flour as needed to keep dough from being really sticky.
- ☐ Roll out thin and cut into any shapes you want.
- ☐ Bake 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:4.65, Glycemic Load:12.24, Inflammation Score:-2, Nutrition Score:2.8452173698208%

Nutrients (% of daily need)

Calories: 110.53kcal (5.53%), Fat: 3.35g (5.16%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 18.42g (6.7%), Sugar: 9.23g (10.26%), Cholesterol: 13.59mg (4.53%), Sodium: 83.65mg (3.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Manganese: 0.18mg (9.24%), Selenium: 5.78µg (8.25%), Vitamin B1: 0.1mg (6.75%), Folate: 23.68µg (5.92%), Iron: 0.88mg (4.9%), Magnesium: 16.72mg (4.18%), Vitamin B2: 0.07mg (4.17%), Vitamin B3: 0.8mg (3.98%), Potassium: 99.4mg (2.84%), Copper: 0.05mg (2.36%), Vitamin B6: 0.05mg (2.3%), Vitamin A: 102.48IU (2.05%), Phosphorus: 19.17mg (1.92%), Calcium: 15.32mg (1.53%), Fiber: 0.34g (1.37%), Vitamin B5: 0.13mg (1.27%)