

Molasses Cookies II



Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

36

CALORIES

calories

108 kcal

DESSERT

Ingredients



2 teaspoons baking soda



1 cup brown sugar packed



1 eggs



2.5 cups flour all-purpose



1 teaspoon ground cinnamon



0.5 teaspoon ground cloves



1 teaspoon ground ginger



0.5 cup blackstrap molasses light

- ☐ 1 teaspoon salt
- ☐ 0.8 cup shortening

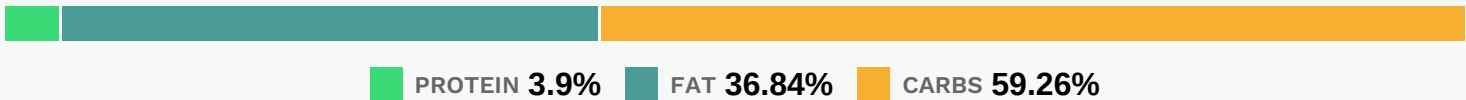
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ melon baller

Directions

- ☐ Cream together shortening and brown sugar. Stir in egg and molasses and mix well. Fold in dry ingredients and stir. Cover and chill until firm (1 – 2 hours).
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Roll dough into small balls (I use a small melon baller to help with this) and roll in white sugar.
- ☐ Place on lightly greased cookie sheets.
- ☐ Bake 9 – 10 minutes. Leave on cookie sheet one minute until set.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:6.33, Inflammation Score:-1, Nutrition Score:2.3717391432627%

Nutrients (% of daily need)

Calories: 108.29kcal (5.41%), Fat: 4.48g (6.9%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 15.95g (5.8%), Sugar: 9.46g (10.51%), Cholesterol: 4.55mg (1.52%), Sodium: 131.02mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Manganese: 0.18mg (9.01%), Selenium: 4.26µg (6.09%), Vitamin B1: 0.07mg (4.77%), Folate: 16.54µg (4.13%), Iron: 0.71mg (3.95%), Magnesium: 14.16mg (3.54%), Vitamin B2: 0.05mg (2.87%), Vitamin B3: 0.57mg (2.85%), Potassium: 88.71mg (2.53%), Vitamin K: 2.36µg (2.25%), Vitamin B6: 0.04mg (2.02%), Copper: 0.04mg (1.98%), Vitamin E: 0.28mg (1.89%), Calcium: 17.53mg (1.75%), Phosphorus: 13.65mg (1.36%), Vitamin B5: 0.13mg (1.32%), Fiber: 0.28g (1.12%)