



Molasses Cookies IV

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



202 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.7 cup blackstrap molasses
- ☐ 0.5 teaspoon salt

- ☐ 1 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups sugar white

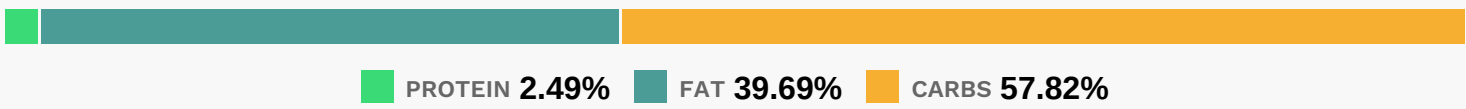
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wax paper

Directions

- ☐ In a medium bowl, cream together the shortening and sugar. Stir in the eggs, vanilla and molasses. Sift together the flour, baking soda, cinnamon, nutmeg, ginger and salt; stir into the molasses mixture. Shape dough into a log 2 inches in diameter. Wrap in wax paper and refrigerate overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees c). Grease cookie sheets or line with parchment paper.
- ☐ Unwrap cookie dough, and cut into 1/4 to 1/2 inch slices.
- ☐ Place on prepared cookie sheets and bake for 10 to 12 minutes in the preheated oven.
- ☐ Remove from baking sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:19.04, Inflammation Score:-1, Nutrition Score:3.2286956094043%

Nutrients (% of daily need)

Calories: 201.66kcal (10.08%), Fat: 9.06g (13.94%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 29.71g (9.9%), Net Carbohydrates: 29.45g (10.71%), Sugar: 23.71g (26.34%), Cholesterol: 13.64mg (4.55%), Sodium: 103.43mg

(4.5%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 1.28g (2.56%), Manganese: 0.22mg (11.11%), Selenium: 5.57µg (7.95%), Magnesium: 25.1mg (6.28%), Iron: 0.9mg (4.99%), Vitamin B1: 0.07mg (4.58%), Vitamin K: 4.59µg (4.37%), Potassium: 151.7mg (4.33%), Folate: 16.09µg (4.02%), Vitamin E: 0.57mg (3.79%), Vitamin B6: 0.07mg (3.65%), Vitamin B2: 0.06mg (3.47%), Copper: 0.06mg (3.1%), Vitamin B3: 0.56mg (2.79%), Calcium: 23.33mg (2.33%), Vitamin B5: 0.22mg (2.24%), Phosphorus: 18.88mg (1.89%), Fiber: 0.26g (1.03%)