

Molasses Cookies V

READY IN



45 min.

SERVINGS



72

CALORIES



87 kcal

DESSERT

Ingredients

- 4 teaspoons baking soda
- 1 cup buttermilk
- 5.5 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves
- 2 teaspoons ground ginger
- 0.5 teaspoon ground nutmeg
- 1 cup blackstrap molasses
- 1 cup shortening

1 cup sugar white

Equipment

bowl

baking sheet

oven

wire rack

cookie cutter

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets. Sift together the flour, baking soda, ginger, cinnamon, cloves and nutmeg; set aside.
- In a large bowl, cream together the shortening and sugar until smooth, then stir in the molasses.
- Add the sifted ingredients alternately with the buttermilk, mixing well after each addition. On a lightly floured surface, roll out the dough to 1/8 inch thickness. If the dough is too soft, more flour can be added.
- Cut out cookies using cookie cutters and place them 2 inches apart onto the prepared cookie sheets.
- Bake for 8 to 10 minutes in the preheated oven, until lightly browned. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts

  
 **PROTEIN 5.05%**  **FAT 31.69%**  **CARBS 63.26%**

Properties

Glycemic Index:4.1, Glycemic Load:8.8, Inflammation Score:-1, Nutrition Score:2.3313043434983%

Nutrients (% of daily need)

Calories: 86.7kcal (4.33%), Fat: 3.07g (4.73%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 13.51g (4.91%), Sugar: 6.46g (7.18%), Cholesterol: 0.37mg (0.12%), Sodium: 66.43mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Manganese: 0.17mg (8.7%), Selenium: 4.24µg

(6.06%), Vitamin B1: 0.08mg (5.27%), Folate: 17.67µg (4.42%), Iron: 0.69mg (3.81%), Magnesium: 13.97mg (3.49%),
Vitamin B2: 0.05mg (3.16%), Vitamin B3: 0.62mg (3.08%), Potassium: 84.27mg (2.41%), Copper: 0.04mg (1.91%),
Vitamin B6: 0.04mg (1.87%), Calcium: 15.65mg (1.57%), Vitamin K: 1.59µg (1.52%), Phosphorus: 14.77mg (1.48%),
Vitamin E: 0.19mg (1.23%), Fiber: 0.3g (1.21%), Vitamin B5: 0.11mg (1.12%)