



Molasses Crunch Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



70

CALORIES



34 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 6 tablespoons firmly brown sugar packed
- ☐ 0.3 lb butter at room temperature
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 6 tablespoons blackstrap molasses
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla

☐ 0.5 cup walnuts chopped

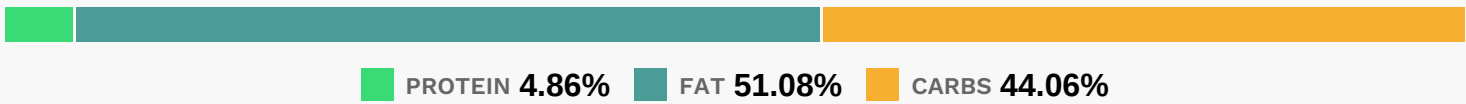
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ spatula

Directions

- ☐ In a bowl, with a mixer on medium speed, beat butter, brown sugar, and molasses until blended. Beat in egg and vanilla until smooth, scraping down sides of bowl as needed.
- ☐ In another bowl, mix flour, baking soda, and salt. Stir into butter mixture until well blended. Stir in walnuts.
- ☐ Drop dough in 1 1/2-teaspoon portions, 1 1/2 inches apart, onto buttered or cooking parchment-lined 12- by 15-inch baking sheets.
- ☐ Bake cookies in a 350 oven until slightly darker brown at edges, 10 to 12 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- ☐ With a wide spatula, transfer cookies to racks to cool. If hot cookies start to break, slide a thin spatula under them to release; let stand on pan to firm up, 2 to 5 minutes, then transfer to racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:1.56, Inflammation Score:-1, Nutrition Score:0.82130435505963%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg

Nutrients (% of daily need)

Calories: 33.56kcal (1.68%), Fat: 1.95g (2.99%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.67g (1.34%), Sugar: 2.31g (2.57%), Cholesterol: 6.14mg (2.05%), Sodium: 28.53mg (1.24%), Alcohol: 0.01g (100%), Alcohol %: 0.16% (100%), Protein: 0.42g (0.83%), Manganese: 0.07mg (3.39%), Selenium: 1.2µg (1.71%), Magnesium: 6.08mg (1.52%), Copper: 0.03mg (1.26%), Vitamin B1: 0.02mg (1.2%), Iron: 0.21mg (1.16%), Folate: 4.48µg (1.12%)