



Molasses Spice Cookies



Vegetarian



Popular

READY IN



35 min.

SERVINGS



18

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 2.3 cups flour all-purpose
- ☐ 2 teaspoons baking soda
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon ground ginger
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cloves
- ☐ 0.8 cup butter unsalted softened ()

- ☐ 0.5 cup brown sugar dark packed
- ☐ 1 large eggs
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup blackstrap molasses

Equipment

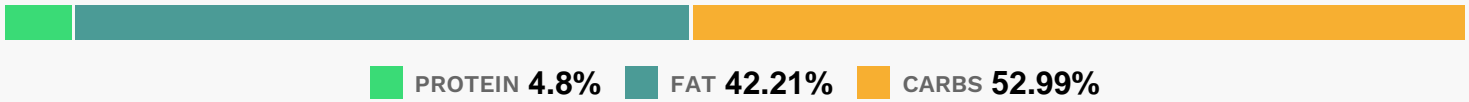
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Whisk together flour, baking soda, spices: Preheat oven to 375°F. Vigorously whisk together the flour, baking soda, salt, cinnamon, ginger, cloves, allspice in a bowl and set aside.
- ☐ Prepare butter, sugar, and wet ingredients: Use an electric mixer and beat the butter for 2 minutes.
- ☐ Add the brown sugar, and 1/2 cup granulated sugar and beat until light and fluffy, about 3 minutes with mixer set at medium speed.
- ☐ Add egg, vanilla extract, and molasses. Beat until combined, about 30 seconds. Scrape down sides of bowl with a rubber spatula.
- ☐ Add dry ingredients to wet ingredients:
- ☐ Add dry ingredients and beat at low speed until just combined, about 30 seconds.
- ☐ Make dough balls, roll them in sugar:
- ☐ Place remaining 1/3 cup of granulated sugar in a shallow bowl. Working with 2 Tbsp of dough each time, roll dough into 1 3/4 inch balls.

- ☐ Roll balls in sugar and place on un-greased cookie sheets, spacing them 1 1/2 to 2 inches apart.
- ☐ Bake at 375°F until the outer edges of the cookies begin to set and centers are soft and puffy, about 11 to 13 minutes. Cool cookies on sheets for 2 to 3 minutes before transferring them to cooling racks .
- ☐ Do not overcook! The centers of the cookies should be somewhat soft and spongy when you take them out of the oven, otherwise they will end up hard and dry.
- ☐ Optional Glaze
- ☐ When cookies have cooled, lay out over a sheet of wax paper. Sift 1 1/4 cups of confectioner's sugar (powdered sugar) and then whisk with 2 Tbsp of milk until smooth. Dip spoon into glaze and dribble over cookies.

Nutrition Facts



Properties

Glycemic Index:7.72, Glycemic Load:10.68, Inflammation Score:-3, Nutrition Score:4.1286956831489%

Nutrients (% of daily need)

Calories: 171.71kcal (8.59%), Fat: 8.12g (12.49%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 22.92g (7.64%), Net Carbohydrates: 22.36g (8.13%), Sugar: 10.69g (11.87%), Cholesterol: 30.67mg (10.22%), Sodium: 195.83mg (8.51%), Alcohol: 0.08g (100%), Alcohol %: 0.23% (100%), Protein: 2.08g (4.15%), Manganese: 0.32mg (16.24%), Selenium: 7.5µg (10.72%), Vitamin B1: 0.13mg (8.47%), Folate: 30.3µg (7.57%), Iron: 1.16mg (6.46%), Vitamin B2: 0.09mg (5.52%), Magnesium: 20.23mg (5.06%), Vitamin B3: 1.01mg (5.05%), Vitamin A: 252.17IU (5.04%), Potassium: 125.73mg (3.59%), Copper: 0.06mg (3.05%), Vitamin B6: 0.06mg (2.88%), Phosphorus: 27.25mg (2.72%), Calcium: 26.61mg (2.66%), Fiber: 0.56g (2.24%), Vitamin B5: 0.18mg (1.81%), Vitamin E: 0.27mg (1.79%), Vitamin D: 0.2µg (1.32%), Zinc: 0.18mg (1.22%)