



Molasses-Spice Crackles

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon baking soda
- 0.5 cup firmly brown sugar packed
- 1 large egg white
- 1.3 cups flour all-purpose
- 0.3 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger

- 0.3 cup butter softened
- 2 tablespoons blackstrap molasses
- 0.3 teaspoon salt

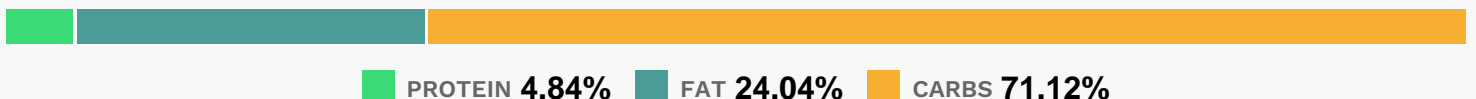
Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- wire rack
- plastic wrap

Directions

- Combine first 6 ingredients in a bowl, and stir well. Set aside.
- Place brown sugar, margarine, molasses, and egg white in a food processor, and process until blended.
- Add dry ingredients to food processor, and process until blended, scraping sides of processor bowl once. Gently press mixture into a ball; wrap in plastic wrap. Chill 2 hours.
- Preheat oven to 37
- Shape dough into 40 (3/4-inch) balls.
- Place granulated sugar in a bowl. Dip balls in cold water; shake to remove excess moisture.
- Roll wet balls in sugar.
- Place 3 inches apart on a baking sheet.
- Bake at 375 for 10 minutes.
- Remove from pan; let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:4.85, Glycemic Load:3.5, Inflammation Score:-1, Nutrition Score:0.90217390397321%

Nutrients (% of daily need)

Calories: 44.14kcal (2.21%), Fat: 1.19g (1.83%), Saturated Fat: 0.24g (1.53%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 7.8g (2.84%), Sugar: 4.68g (5.2%), Cholesterol: 0mg (0%), Sodium: 57.92mg (2.52%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Manganese: 0.07mg (3.29%), Selenium: 1.81µg (2.59%), Vitamin B1: 0.03mg (2.22%), Folate: 7.71µg (1.93%), Iron: 0.27mg (1.5%), Vitamin B2: 0.03mg (1.47%), Vitamin B3: 0.26mg (1.31%), Vitamin A: 50.85IU (1.02%)