



## 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 brown sugar packed
- ☐ 1 large egg whites
- ☐ 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

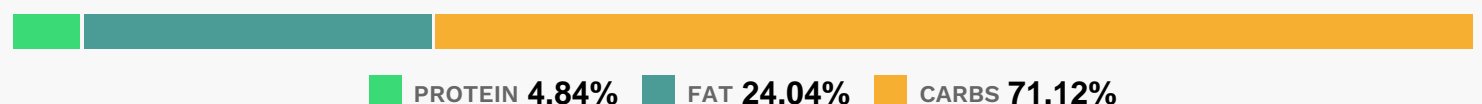
## Equipment

- ☐ 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 (100%), 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%)