



Molasses Sugar Cookies

 Dairy Free

READY IN



220 min.

SERVINGS



72

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons baking soda
- ☐ 2 eggs
- ☐ 4 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup blackstrap molasses
- ☐ 1 teaspoon salt

- ☐ 1.5 cups shortening
- ☐ 2 cups sugar white

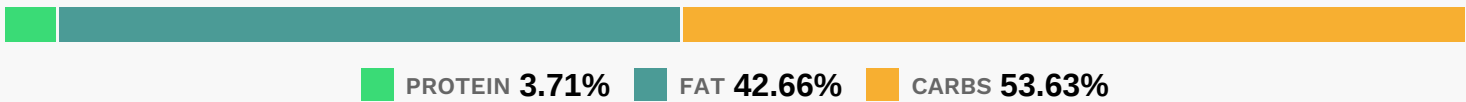
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ stove

Directions

- ☐ Melt the shortening in a large pan on the stove, and cool.
- ☐ Add sugar, eggs, and molasses, beat well.
- ☐ In a separate bowl, sift dry ingredients together and add to the pan.
- ☐ Mix well and chill 3 hours or overnight.
- ☐ Form into walnut-size balls.
- ☐ Roll in granulated sugar.
- ☐ Place on greased cookie sheet about 2 inches apart.
- ☐ Bake at 375 degrees F (190 degrees C) for 8-10 minutes.
- ☐ Store in an airtight container to keep from getting overly crisp. If they do lose their softness, an easy way to restore it is to place one slice of fresh bread in the container with the cookies for a couple of hours or overnight and they will be soft again!

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:8.48, Inflammation Score:-1, Nutrition Score:1.698260874204%

Nutrients (% of daily need)

Calories: 93.26kcal (4.66%), Fat: 4.48g (6.89%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 12.44g (4.52%), Sugar: 7.32g (8.13%), Cholesterol: 4.55mg (1.52%), Sodium: 96.16mg (4.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Manganese: 0.12mg (5.97%), Selenium: 3.2µg (4.57%), Vitamin B1: 0.06mg (3.79%), Folate: 13.3µg (3.32%), Iron: 0.47mg (2.63%), Vitamin B2: 0.04mg (2.42%), Vitamin K: 2.35µg (2.24%), Vitamin B3: 0.44mg (2.18%), Magnesium: 7.5mg (1.88%), Vitamin E: 0.28mg (1.88%), Potassium: 44.29mg (1.27%), Copper: 0.02mg (1.16%), Phosphorus: 10.76mg (1.08%), Vitamin B6: 0.02mg (1.06%)