



Moravian Ginger Cookies II

READY IN



45 min.

SERVINGS



12

CALORIES



163 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons brown sugar packed
- ☐ 1 cup confectioners' sugar
- ☐ 1.3 cups flour all-purpose
- ☐ 1 dash ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger

- ☐ 1 pinch ground nutmeg
- ☐ 1.5 tablespoons half-and-half cream
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 0.5 teaspoon vanilla extract

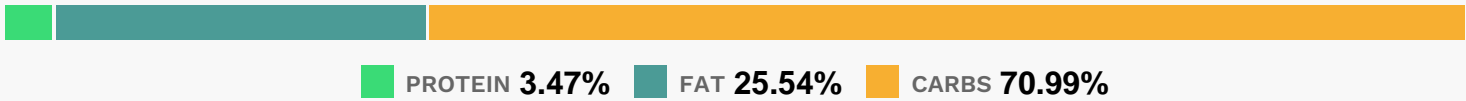
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix molasses, shortening and brown sugar in a large bowl. Stir in flour, salt, baking soda, baking powder, and spices. Cover and refrigerate about 4 hours or until firm.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Roll half of the dough at a time to 1/8 inch thickness or paper-thin on a floured cloth-covered surface.
- ☐ Cut into 3 inch rounds with floured cutter.
- ☐ Place about 1/2 inch apart on ungreased cookie sheet.
- ☐ Bake 1/8 inch thick cookies about 8 minutes; paper-thin cookies about 5 minutes or until light brown. Immediately remove from cookie sheet. Cool completely.
- ☐ Mix 1 cup confectioners' sugar, 1/2 teaspoon vanilla, and 1-2 tablespoons half-and-half until of spreading consistency.
- ☐ Spread frosting on cooled cookies.

Nutrition Facts



Properties

Glycemic Index:25.08, Glycemic Load:10.32, Inflammation Score:-2, Nutrition Score:3.6330434995825%

Nutrients (% of daily need)

Calories: 163.01kcal (8.15%), Fat: 4.68g (7.19%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 29.25g (9.75%), Net Carbohydrates: 28.8g (10.47%), Sugar: 18.87g (20.97%), Cholesterol: 0.66mg (0.22%), Sodium: 86.17mg (3.75%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 1.43g (2.86%), Manganese: 0.29mg (14.39%), Selenium: 6.26µg (8.94%), Vitamin B1: 0.11mg (7.2%), Magnesium: 26.53mg (6.63%), Iron: 1.11mg (6.17%), Folate: 24.05µg (6.01%), Potassium: 159.4mg (4.55%), Vitamin B3: 0.87mg (4.36%), Vitamin B2: 0.07mg (4.15%), Vitamin B6: 0.07mg (3.56%), Copper: 0.07mg (3.43%), Calcium: 31.88mg (3.19%), Vitamin K: 2.41µg (2.29%), Phosphorus: 21.17mg (2.12%), Vitamin E: 0.28mg (1.86%), Fiber: 0.45g (1.79%), Vitamin B5: 0.17mg (1.7%)