



Moravian Spice Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



29 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 2 tablespoons butter
- 2 tablespoons corn oil
- 0.3 cup brown sugar dark packed
- 2 cups flour all-purpose
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves

- 0.5 teaspoon ground ginger
- 0.5 cup blackstrap molasses

Equipment

- baking sheet
- oven
- mixing bowl
- wire rack
- plastic wrap

Directions

- Melt butter or margarine over low heat until the butter turns light brown.
- Add molasses, brown sugar and oil, stirring to melt the sugar.
- Transfer to a mixing bowl and let cool for 5 minutes.
- Add cinnamon, ginger, cloves, allspice and baking soda.
- Mix well.
- Add flour, 1/2 cup at a time, and beat until just blended.
- Put the dough onto a large sheet of plastic wrap; flatten it into a disk and wrap it up.
- Let dough rest at room temperature for 1 to 2 hours before rolling. NOTE: Dough can be made up to three days in advance and stored in the refrigerator. Bring to room temperature before rolling.
- Preheat oven to 350 degrees F (180 degrees C). Lightly grease cookie sheets.
- Divide dough in half and rewrap the unused portion.
- Roll out the dough on a floured surface as thin as possible, less than 1/16 inch.
- Cut out cookies with a small 2-inch cutter and place them about 1/4 inch apart on the prepared baking sheets.
- Bake one sheet at a time for 8 to 10 minutes or until the cookies are crisp and just beginning to brown on the edges.
- Transfer to a wire rack to cool. Repeat with remaining dough. Store the cookies in an airtight container for up to 3 weeks.

Nutrition Facts



■ PROTEIN 5.07% ■ FAT 23.14% ■ CARBS 71.79%

Properties

Glycemic Index:2.63, Glycemic Load:2.69, Inflammation Score:-1, Nutrition Score:0.91565217417867%

Nutrients (% of daily need)

Calories: 28.74kcal (1.44%), Fat: 0.74g (1.15%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 5.08g (1.85%), Sugar: 2.5g (2.78%), Cholesterol: 0.84mg (0.28%), Sodium: 11.31mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.73%), Manganese: 0.08mg (3.91%), Selenium: 1.62µg (2.31%), Vitamin B1: 0.03mg (1.89%), Magnesium: 6.61mg (1.65%), Folate: 6.39µg (1.6%), Iron: 0.28mg (1.58%), Vitamin B3: 0.23mg (1.15%), Potassium: 39.58mg (1.13%), Vitamin B2: 0.02mg (1.02%)