



Moravian Sugar Cookies

READY IN



45 min.

SERVINGS



60

CALORIES



101 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 1 cup brown sugar packed
- 0.5 cup butter
- 1.5 cups blackstrap molasses dark
- 4.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.3 teaspoon ground ginger
- 0.3 teaspoon salt

- 0.5 cup shortening
- 0.5 teaspoon distilled vinegar white

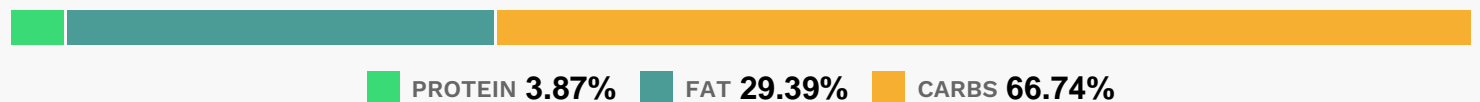
Equipment

- bowl
- oven

Directions

- Mix together flour, baking soda, salt, cinnamon, cloves and ginger.
- In a separate bowl, cream together the brown sugar, butter and shortening.
- Add to the flour mixture and mix well.
- Add molasses and vinegar.
- Mix well.
- Cover and chill dough overnight.
- Roll out a small amount of dough to 1/8 (or less) inch thick.
- Cut into desired shapes.
- Bake at 350 degrees F (180 degrees C) for 10 minutes or until light brown.

Nutrition Facts



Properties

Glycemic Index:3.73, Glycemic Load:7.95, Inflammation Score:-2, Nutrition Score:2.7430434688602%

Nutrients (% of daily need)

Calories: 101.32kcal (5.07%), Fat: 3.35g (5.15%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 16.81g (6.11%), Sugar: 9.88g (10.98%), Cholesterol: 4.07mg (1.36%), Sodium: 30.87mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Manganese: 0.21mg (10.69%), Selenium: 4.75µg (6.78%), Magnesium: 22.9mg (5.73%), Vitamin B1: 0.08mg (5.17%), Iron: 0.87mg (4.82%), Folate: 17.26µg (4.31%), Potassium: 138.79mg (3.97%), Vitamin B3: 0.64mg (3.19%), Vitamin B6: 0.06mg (3.12%), Copper: 0.06mg (2.82%), Vitamin B2: 0.05mg (2.78%), Calcium: 22.65mg (2.26%), Phosphorus: 13.39mg (1.34%), Vitamin B5: 0.13mg (1.28%), Fiber: 0.28g (1.11%), Vitamin K: 1.1µg (1.05%), Vitamin E: 0.16mg (1.04%)