



## Old-Fashioned Molasses Cookies

 Dairy Free

READY IN



370 min.

SERVINGS



72

CALORIES



111 kcal

DESSERT

### Ingredients

- 1.5 cups granulated sugar
- 1 cup shortening
- 0.5 cup blackstrap molasses
- 2 eggs
- 3 teaspoons baking soda
- 0.5 cup water
- 5.5 cups flour all-purpose
- 1.5 teaspoons ground cinnamon

- 1 teaspoon ground ginger
- 1 teaspoon ground cloves
- 1 teaspoon salt
- 1 envelope gelatin powder unflavored
- 1 cup water cold
- 1 cup granulated sugar
- 2.3 cups powdered sugar
- 1.5 teaspoons vanilla
- 1 teaspoon double-acting baking powder
- 0.1 teaspoon salt

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- wire rack
- hand mixer

## Directions

- In large bowl, mix 1 1/2 cups granulated sugar, the shortening, molasses and eggs until well blended. In small bowl, dissolve baking soda in water; stir into molasses mixture. Stir in remaining cookie ingredients until well blended. Cover and refrigerate at least 2 hours.
- Heat oven to 375°F. Lightly grease cookie sheet. On floured surface, roll dough 1/4 inch thick.
- Cut with floured 2 3/4-inch round cutter (or cut with clean food can with both ends removed, such as rectangular-shaped pork luncheon meat can).
- Place about 2 inches apart on cookie sheet.
- Bake 8 to 10 minutes or until light brown.
- Remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.

- In 2-quart saucepan, sprinkle gelatin on cold water to soften; stir in 1 cup granulated sugar.
- Heat to a rolling boil; reduce heat. Simmer uncovered 10 minutes. In large bowl, place powdered sugar and hot gelatin mixture. Beat with electric mixer on medium speed about 2 minutes or until foamy.
- Add vanilla, baking powder and salt; beat on high speed 12 to 15 minutes or until soft peaks form. Frost bottoms of cookies with frosting.
- Let stand until frosting is dry, 2 to 3 hours, before storing.

## Nutrition Facts



### Properties

Glycemic Index:4.95, Glycemic Load:10.9, Inflammation Score:-1, Nutrition Score:2.0269565005665%

### Nutrients (% of daily need)

Calories: 110.65kcal (5.53%), Fat: 3.09g (4.75%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 19.51g (7.09%), Sugar: 12.39g (13.77%), Cholesterol: 4.55mg (1.52%), Sodium: 91.41mg (3.97%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 1.23g (2.46%), Manganese: 0.14mg (6.77%), Selenium: 4.15µg (5.93%), Vitamin B1: 0.08mg (5.14%), Folate: 18.09µg (4.52%), Iron: 0.6mg (3.35%), Vitamin B2: 0.06mg (3.25%), Vitamin B3: 0.59mg (2.95%), Magnesium: 8.16mg (2.04%), Vitamin K: 1.6µg (1.52%), Copper: 0.03mg (1.51%), Phosphorus: 14.82mg (1.48%), Potassium: 47.27mg (1.35%), Vitamin E: 0.2mg (1.31%), Fiber: 0.29g (1.17%), Vitamin B6: 0.02mg (1.12%), Calcium: 11.17mg (1.12%)