



## Soft Gingerbread Cookies

 Vegetarian

READY IN



225 min.

SERVINGS



36

CALORIES



75 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.1 cup butter softened
- ☐ 3.3 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger

- ☐ 0.8 cup blackstrap molasses
- ☐ 0.3 cup water

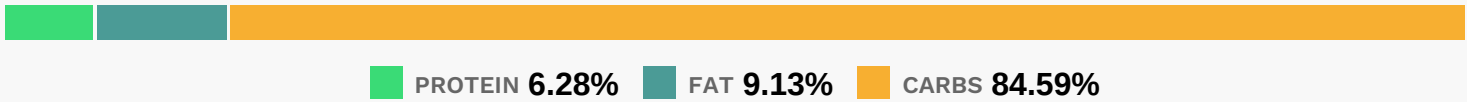
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ In a medium bowl, mix together the molasses, brown sugar, water and butter until smooth.
- ☐ Combine the flour, baking soda, allspice, ginger, cloves and cinnamon, stir them into the wet mixture until all of the dry is absorbed. Cover the dough and chill for at least 3 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C). On a lightly floured surface, roll the dough out to 1/4 inch thickness.
- ☐ Cut out into desired shapes.
- ☐ Place cookies 1 inch apart onto ungreased cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven.
- ☐ Remove from the cookie sheets to cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:5.25, Glycemic Load:8.54, Inflammation Score:-2, Nutrition Score:2.7334782484433%

## Nutrients (% of daily need)

Calories: 75.23kcal (3.76%), Fat: 0.77g (1.18%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 15.61g (5.68%), Sugar: 7.25g (8.06%), Cholesterol: 1.69mg (0.56%), Sodium: 39.09mg (1.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Manganese: 0.23mg (11.33%), Selenium: 5.14µg (7.35%), Vitamin B1: 0.09mg (6.11%), Folate: 20.72µg (5.18%), Magnesium: 19.94mg (4.98%), Iron: 0.89mg (4.93%), Vitamin B3: 0.74mg (3.71%), Potassium: 118.9mg (3.4%), Vitamin B2: 0.06mg (3.31%), Vitamin B6: 0.05mg (2.67%), Copper: 0.05mg (2.62%), Calcium: 18.73mg (1.87%), Phosphorus: 14.81mg (1.48%), Fiber: 0.34g (1.37%), Vitamin B5:

0.11mg (1.1%)