



## Soft Molasses Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



153 kcal

DESSERT

### Ingredients

- 1 cup brown sugar packed
- 0.8 cup shortening
- 0.3 cup blackstrap molasses
- 1 eggs
- 2.3 cups flour
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger

- 0.5 teaspoon ground cloves
- 0.3 teaspoon salt
- 3 tablespoons granulated sugar

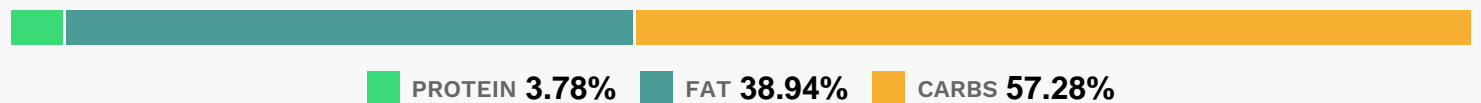
## Equipment

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

## Directions

- Heat oven to 325°F. In large bowl, beat brown sugar, shortening, molasses and egg with electric mixer on medium speed, or mix with spoon. Stir in remaining ingredients except granulated sugar.
- Shape dough by rounded tablespoonfuls into 1 1/2-inch balls. Dip tops into granulated sugar. On ungreased cookie sheet, place balls, sugared sides up, about 2 inches apart.
- Bake 13 to 16 minutes or just until set and cookies appear dry. Immediately remove from cookie sheet to cooling rack.

## Nutrition Facts



## Properties

Glycemic Index:8.09, Glycemic Load:8.67, Inflammation Score:-1, Nutrition Score:2.877391282631%

## Nutrients (% of daily need)

Calories: 153.3kcal (7.66%), Fat: 6.71g (10.33%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 21.83g (7.94%), Sugar: 13.06g (14.51%), Cholesterol: 6.82mg (2.27%), Sodium: 122.54mg (5.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Manganese: 0.21mg (10.37%), Selenium: 5.33µg (7.62%), Vitamin B1: 0.1mg (6.37%), Folate: 22.42µg (5.61%), Iron: 0.84mg (4.67%), Vitamin B2: 0.07mg (3.93%), Vitamin B3: 0.75mg (3.73%), Vitamin K: 3.53µg (3.37%), Magnesium: 12.46mg (3.11%), Vitamin E: 0.42mg (2.83%),

Potassium: 80.43mg (2.3%), Copper: 0.04mg (2.03%), Calcium: 18.88mg (1.89%), Vitamin B6: 0.04mg (1.82%), Phosphorus: 17.98mg (1.8%), Vitamin B5: 0.16mg (1.64%), Fiber: 0.39g (1.55%)