



## Soft Molasses Cookies I

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



136 kcal

DESSERT

### Ingredients

- 2 teaspoons baking soda
- 1 eggs
- 2.3 cups flour all-purpose sifted
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 0.5 cup blackstrap molasses
- 0.3 teaspoon salt
- 0.5 cup shortening

- 0.5 cup walnut pieces chopped
- 6 tablespoons water cold
- 0.5 cup granulated sugar white

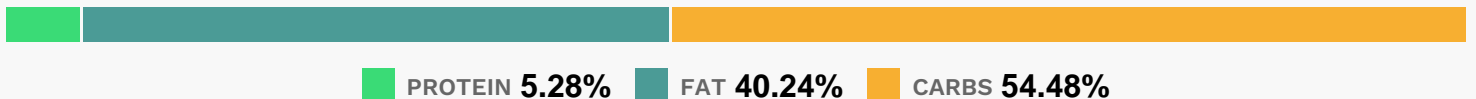
## Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 400 degrees F (205 degrees C). Grease cookie sheets.
- Sift together flour, ginger, cinnamon and salt. Dissolve baking soda in hot water.
- Mix together shortening, sugar, molasses and egg until creamy.
- Mix in the flour mixture alternately with the cold water.
- Mix in the baking soda and most of the walnuts, reserving a few to sprinkle on tops of cookies.
- Drop by rounded tablespoonfuls onto greased cookie sheet, spacing 2 inches apart.
- Bake these for 12 minutes or until done.

## Nutrition Facts



## Properties

Glycemic Index:8.92, Glycemic Load:11.72, Inflammation Score:-2, Nutrition Score:3.656956512319%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

## Nutrients (% of daily need)

Calories: 135.86kcal (6.79%), Fat: 6.17g (9.5%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 18.28g (6.65%), Sugar: 9.51g (10.57%), Cholesterol: 6.82mg (2.27%), Sodium: 121.34mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.65%), Manganese: 0.31mg (15.68%), Selenium: 5.98µg (8.54%), Vitamin B1: 0.1mg (6.99%), Folate: 24.71µg (6.18%), Magnesium: 23.91mg (5.98%), Iron: 1.01mg (5.59%), Copper: 0.09mg (4.64%), Vitamin B2: 0.07mg (4.18%), Vitamin B3: 0.8mg (3.97%), Potassium: 129.87mg (3.71%), Vitamin B6: 0.07mg (3.45%), Phosphorus: 27.09mg (2.71%), Vitamin K: 2.41µg (2.29%), Fiber: 0.54g (2.14%),

Calcium: 20.71mg (2.07%), Vitamin E: 0.31mg (2.05%), Vitamin B5: 0.18mg (1.8%), Zinc: 0.21mg (1.38%)