



## Soft Molasses Cookies II

 Vegetarian

READY IN



55 min.

SERVINGS



60

CALORIES



75 kcal

DESSERT

### Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup butter
- ☐ 1 eggs
- ☐ 3 cups flour all-purpose sifted
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 teaspoon salt

- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 1 cup sugar white

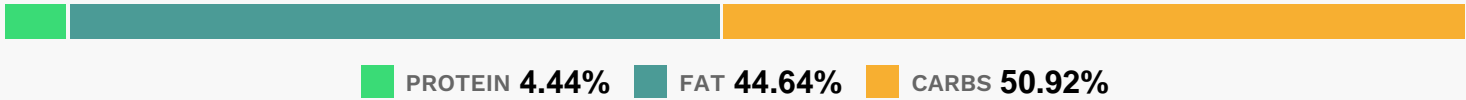
## Equipment

- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Sift together flour, baking soda, salt, ginger, and cinnamon; set aside.
- ☐ Cream butter, and gradually blend in sugar until light and fluffy. Beat in egg and molasses.
- ☐ Mix in sour cream alternately with sifted dry ingredients. Drop dough by teaspoonfuls onto ungreased cookie sheets.
- ☐ Bake 10 to 12 minutes in preheated oven.
- ☐ Transfer to wire racks to cool.

## Nutrition Facts



## Properties

Glycemic Index:4.07, Glycemic Load:6.39, Inflammation Score:-1, Nutrition Score:1.484347830891%

## Nutrients (% of daily need)

Calories: 75.07kcal (3.75%), Fat: 3.77g (5.8%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 9.49g (3.45%), Sugar: 4.85g (5.39%), Cholesterol: 12.56mg (4.19%), Sodium: 102.36mg (4.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.69%), Manganese: 0.09mg (4.45%), Selenium: 2.86µg (4.09%), Vitamin B1: 0.05mg (3.39%), Folate: 12.07µg (3.02%), Vitamin B2: 0.04mg (2.42%), Vitamin A: 116.53IU (2.33%), Iron: 0.41mg (2.25%), Vitamin B3: 0.39mg (1.97%), Magnesium: 6.45mg (1.61%), Phosphorus: 11.95mg (1.2%), Potassium: 40.19mg (1.15%)