



## Soft Molasses Cookies III

READY IN



45 min.

SERVINGS



60

CALORIES



148 kcal

DESSERT

### Ingredients

- 1 tablespoon baking soda
- 1 cup buttermilk
- 0.3 teaspoon cream of tartar
- 1 cup brown sugar dark
- 2 cups blackstrap molasses dark
- 9 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoon ground ginger

- 0.5 teaspoon ground nutmeg
- 1 cup shortening

## Equipment

- baking sheet
- oven

## Directions

- Cream shortening and sugar.
- Add molasses slowly, stirring constantly.
- Mix spices with cream of tartar and add to mixture.
- Mix baking soda and buttermilk.
- Add alternately with the flour to the sugar and spices mixture. You may not need the whole 9 cups of flour but you should end up with a fairly stiff dough. Chill dough overnight.
- Preheat the oven to 350 degrees F (175 degrees C).
- Roll dough out to at least 1/4-inch thick (the thicker the better), using as little flour as possible. Keep dough refrigerated when not rolling and cutting.
- Cut into cookies and brush with beaten egg.
- Bake for 10-12 minutes at 350 degrees F (175 degrees C). Alternately, you can form the dough into golf ball size round, roll in white sugar, place on a cookie sheet and then flatten slightly.

## Nutrition Facts



## Properties

Glycemic Index:3.75, Glycemic Load:14.11, Inflammation Score:-2, Nutrition Score:4.5973913429872%

## Nutrients (% of daily need)

Calories: 147.8kcal (7.39%), Fat: 3.75g (5.78%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 26.03g (9.47%), Sugar: 12.2g (13.56%), Cholesterol: 0.44mg (0.15%), Sodium: 64.68mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Manganese: 0.33mg (16.49%), Selenium: 8.57µg

(12.24%), Vitamin B1: 0.15mg (10.3%), Folate: 34.57µg (8.64%), Magnesium: 32.2mg (8.05%), Iron: 1.44mg (8.01%), Vitamin B3: 1.22mg (6.12%), Vitamin B2: 0.1mg (5.87%), Potassium: 197.22mg (5.63%), Vitamin B6: 0.09mg (4.34%), Copper: 0.09mg (4.25%), Calcium: 34.03mg (3.4%), Phosphorus: 27.41mg (2.74%), Vitamin B5: 0.22mg (2.16%), Fiber: 0.54g (2.15%), Vitamin K: 1.92µg (1.83%), Vitamin E: 0.23mg (1.5%), Zinc: 0.18mg (1.22%)