



## Stage Planks

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 1 teaspoon cinnamon
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 tablespoon ground ginger
- ☐ 0.8 cup blackstrap molasses
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 6 tablespoons butter    unsalted softened

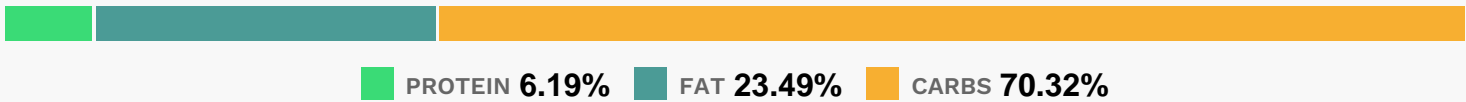
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

## Directions

- ☐ Preheat oven to 375°F. Line 2 cookie sheets with parchment paper and set aside. In a medium bowl, sift together 3 cups flour, ginger, cinnamon, cloves, baking soda, and salt. Set aside. In bowl of a standing mixer, add molasses, sugar, and butter.
- ☐ Mix on medium-high speed until color turns lighter, about 2 minutes. On low mixer speed, alternate flour and buttermilk with butter mixture. Raise speed to medium and mix 30 seconds. Dough should be stiff enough to roll out. If not, mix in up to 1/2 cup more flour to reach proper consistency.
- ☐ On a hard floured surface, roll dough to a 10" x 16" rectangle. Slice down the middle horizontally, then vertically at 2-inch intervals to make 16 cookies.
- ☐ Place individual pieces at least 1 inch apart on prepared cookie sheets.
- ☐ Bake until tops are firm, about 15 minutes.
- ☐ Remove from oven and cool completely in pans.
- ☐ From The Delta Queen Cookbook by Cynthia LeJeune Nobles, © 2012 Louisiana State University Press

## Nutrition Facts



## Properties

Glycemic Index:14.07, Glycemic Load:20.54, Inflammation Score:-4, Nutrition Score:6.6808695512135%

Nutrients (% of daily need)

Calories: 191.62kcal (9.58%), Fat: 5.03g (7.74%), Saturated Fat: 3.03g (18.95%), Carbohydrates: 33.9g (11.3%), Net Carbohydrates: 33.13g (12.05%), Sugar: 15.73g (17.48%), Cholesterol: 12.94mg (4.31%), Sodium: 127.68mg (5.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.97%), Manganese: 0.57mg (28.3%), Selenium: 11.57µg (16.52%), Vitamin B1: 0.2mg (13.2%), Magnesium: 45.9mg (11.47%), Folate: 43.86µg (10.97%), Iron: 1.92mg (10.67%), Vitamin B2: 0.14mg (8.53%), Potassium: 282.59mg (8.07%), Vitamin B3: 1.58mg (7.9%), Vitamin B6: 0.12mg (6.21%), Copper: 0.12mg (5.88%), Calcium: 56.47mg (5.65%), Phosphorus: 44.89mg (4.49%), Vitamin A: 156.51IU (3.13%), Fiber: 0.76g (3.06%), Vitamin B5: 0.29mg (2.95%), Zinc: 0.29mg (1.91%), Vitamin D: 0.27µg (1.83%), Vitamin B12: 0.08µg (1.3%), Vitamin E: 0.15mg (1.03%)