



Stained Glass Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



76 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons butter
- ☐ 3 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 5.8 ounces sourball candies hard
- ☐ 0.8 cup blackstrap molasses

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

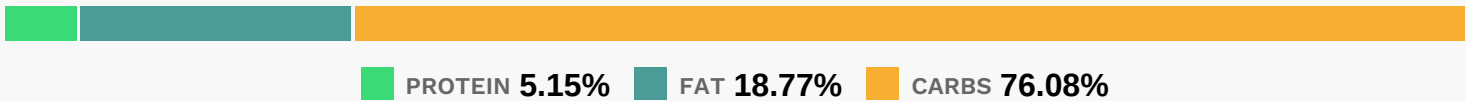
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ In a large mixing bowl, cream butter or margarine, brown sugar and molasses until smooth. Blend in water. Stir together flour, baking soda, salt, and spices. Gradually add flour mixture to creamed mixture; blend well.
- ☐ Cover and chill for 1 hour.
- ☐ Cut out paper stars, bells, or other christmas motifs. Trace onto a sheet of aluminum foil.
- ☐ Roll pieces of dough into ropes about 1/4-inch wide. Outline the designs with ropes of dough. Press ends lightly together.
- ☐ Separate candies by color. In a blender or food processor, coarsely crush candies. Fill in dough outlines with the candies.
- ☐ Bake at 350 degrees F (175 degrees C) for 4 to 5 minutes or until cookie is set and candy melts. Cool on baking sheet.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:6.05, Inflammation Score:-1, Nutrition Score:1.9604347640567%

Nutrients (% of daily need)

Calories: 75.85kcal (3.79%), Fat: 1.59g (2.44%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 14.49g (4.83%), Net Carbohydrates: 14.18g (5.15%), Sugar: 8.31g (9.23%), Cholesterol: 2.39mg (0.8%), Sodium: 57.79mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Manganese: 0.14mg (7.05%), Selenium: 3.63µg (5.18%), Vitamin B1: 0.06mg (4.24%), Iron: 0.67mg (3.74%), Magnesium: 14.75mg (3.69%), Folate: 14.36µg (3.59%), Vitamin B3: 0.51mg (2.57%), Potassium: 88.72mg (2.53%), Vitamin B2: 0.04mg (2.3%), Vitamin B6: 0.04mg (1.99%), Copper: 0.04mg (1.92%), Calcium: 18.22mg (1.82%), Fiber: 0.31g (1.25%), Phosphorus: 10.42mg (1.04%)