



These Pumpkin-Shaped Molasses Spice Cookies Taste Like Fall

 Vegetarian

READY IN



220 min.

SERVINGS



48

CALORIES



94 kcal

DESSERT

Ingredients

- 0.3 cup water hot
- 0.3 cup rum
- 4 cups flour
- 2.3 teaspoons coarse salt
- 1 teaspoon baking soda
- 1.3 teaspoons ground ginger
- 0.5 teaspoon ground allspice

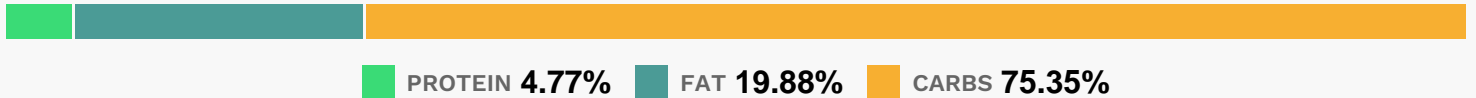
- 0.3 teaspoon nutmeg
- 0.3 teaspoon ground cloves
- 1 stick butter unsalted
- 1 cup sugar
- 1 cup blackstrap molasses

Equipment

Directions

- Chewy Molasses–Spice Cookies
- Chewy Chocolate Ginger Cookies
- Halloween Spice Cookies
- Pfeffernusse (German Spice Cookies)
- Chocolate
- Drizzled Spice Cookies

Nutrition Facts



Properties

Glycemic Index:6.02, Glycemic Load:10.97, Inflammation Score:-2, Nutrition Score:2.6199999731034%

Nutrients (% of daily need)

Calories: 94.4kcal (4.72%), Fat: 2.04g (3.14%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 17.11g (6.22%), Sugar: 9.44g (10.49%), Cholesterol: 5.06mg (1.69%), Sodium: 135.07mg (5.87%), Alcohol: 0.42g (100%), Alcohol %: 1.94% (100%), Protein: 1.1g (2.21%), Manganese: 0.2mg (10.19%), Selenium: 4.86µg (6.94%), Vitamin B1: 0.08mg (5.66%), Magnesium: 19.53mg (4.88%), Folate: 19.16µg (4.79%), Iron: 0.83mg (4.62%), Vitamin B3: 0.69mg (3.44%), Potassium: 115.39mg (3.3%), Vitamin B2: 0.05mg (3.14%), Vitamin B6: 0.05mg (2.61%), Copper: 0.05mg (2.55%), Calcium: 16.96mg (1.7%), Phosphorus: 14.19mg (1.42%), Fiber: 0.3g (1.2%), Vitamin A: 58.99IU (1.18%), Vitamin B5: 0.1mg (1.05%)