

WWII Oatmeal Molasses Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



79 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 eggs beaten
- 2 cups flour all-purpose
- 5 tablespoons blackstrap molasses light
- 2 cups oatmeal
- 1 teaspoon salt
- 0.8 cup shortening

- 1 cup sugar
- 2 teaspoons vanilla extract

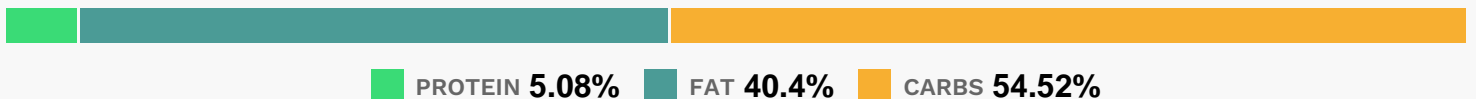
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, stir together the flour, oatmeal, baking soda, baking powder, and salt.
- In another large bowl, beat the sugar with the shortening until smooth and creamy; mix in beaten eggs, molasses, and vanilla. Gradually mix in the dry ingredients. Stir in walnuts and raisins. Drop by teaspoonfuls onto ungreased baking sheets.
- Bake for 10 to 12 minutes, or until slightly browned. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:7.12, Glycemic Load:7.1, Inflammation Score:-1, Nutrition Score:1.7378260869047%

Nutrients (% of daily need)

Calories: 79.41kcal (3.97%), Fat: 3.59g (5.53%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 10.6g (3.85%), Sugar: 5.78g (6.43%), Cholesterol: 6.82mg (2.27%), Sodium: 84.13mg (3.66%), Alcohol: 0.06g (100%), Alcohol %: 0.27% (100%), Protein: 1.02g (2.03%), Manganese: 0.13mg (6.25%), Selenium: 3.25µg (4.64%), Vitamin B1: 0.05mg (3.37%), Folate: 10.98µg (2.74%), Iron: 0.47mg (2.63%), Magnesium: 9.08mg (2.27%), Vitamin B2: 0.04mg (2.16%), Phosphorus: 19.22mg (1.92%), Vitamin B3: 0.35mg (1.75%), Vitamin K: 1.75µg (1.67%), Vitamin E: 0.23mg (1.51%), Copper: 0.03mg (1.33%), Potassium: 45.68mg (1.31%), Fiber: 0.31g (1.22%), Calcium: 11.97mg (1.2%), Vitamin B5: 0.12mg (1.2%), Zinc: 0.16mg (1.09%)