



Yogurt Molasses Cookies

READY IN



120 min.

SERVINGS



72

CALORIES



65 kcal

DESSERT

Ingredients

- 1 cup granulated sugar
- 0.5 cup blackstrap molasses
- 0.3 cup butter softened
- 1 eggs
- 1.5 cups flour all-purpose
- 1.5 cups flour whole wheat
- 1 Tbsp candied ginger finely chopped
- 1 tsp baking soda
- 1 tsp ground ginger

- 1 tsp ground cinnamon
- 0.5 tsp salt
- 1 cup yogurt plain fat free 99% yoplait® (from 2-lb container)
- 3 cups powdered sugar
- 0.3 cup yogurt fat free 99% yoplait® (from 2-lb container)

Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 375°F. In large bowl, mix granulated sugar, molasses, butter and egg. Stir in remaining cookies ingredients until well blended.
- With small cookie scoop or by rounded teaspoonfuls, scoop dough 2 inches apart onto ungreased cookie sheet.
- Bake 8–10 min or until set. Cool 2 min; remove from cookie sheets to cooling rack. Cool completely, about 30 min.
- In small bowl, mix powdered sugar and 1/3 cup yogurt until smooth.
- Spread icing over cookies.

Nutrition Facts



PROTEIN 5.56% **FAT 11.35%** **CARBS 83.09%**

Properties

Glycemic Index:2.96, Glycemic Load:4.16, Inflammation Score:-1, Nutrition Score:1.6617391263337%

Nutrients (% of daily need)

Calories: 64.67kcal (3.23%), Fat: 0.84g (1.29%), Saturated Fat: 0.19g (1.22%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 13.41g (4.88%), Sugar: 9.85g (10.95%), Cholesterol: 2.49mg (0.83%), Sodium: 46.2mg (2.01%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Manganese: 0.17mg (8.53%), Selenium: 3.24µg (4.63%), Magnesium: 10.62mg (2.65%), Vitamin B1: 0.04mg (2.42%), Phosphorus: 20.34mg (2.03%), Iron: 0.35mg (1.93%), Vitamin B2: 0.03mg (1.84%), Potassium: 58.28mg (1.67%), Folate: 6.65µg (1.66%), Vitamin B3: 0.31mg (1.54%), Vitamin B6: 0.03mg (1.52%), Calcium: 15.24mg (1.52%), Fiber: 0.36g (1.44%), Copper: 0.03mg (1.36%)