



## A-Pees

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 tablespoons caraway seeds
- 0.3 cup cooking wine dry white
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon mace
- 1 teaspoon ground nutmeg
- 0.5 cup butter
- 0.5 cup sugar

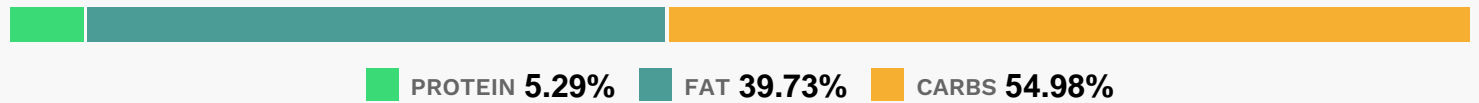
## Equipment

- baking sheet
- oven
- blender

## Directions

- Combine first 5 ingredients.
- Cut in butter with a pastry blender until crumbly. Stir in caraway seeds and white wine.
- Shape dough into a ball, and roll out to 1/4-inch thickness on a lightly floured surface.
- Cut with a 2-inch round cutter, and place on a lightly greased baking sheet.
- Bake at 375 for 15 to 20 minutes or until lightly browned (may be slightly soft in center).
- Transfer to wire racks to cool.

## Nutrition Facts



## Properties

Glycemic Index:6.53, Glycemic Load:5.79, Inflammation Score:-1, Nutrition Score:1.2643478316781%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 61.99kcal (3.1%), Fat: 2.69g (4.14%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 8.04g (2.92%), Sugar: 2.83g (3.15%), Cholesterol: 0mg (0%), Sodium: 30.11mg (1.31%), Alcohol: 0.23g (100%), Alcohol %: 1.87% (100%), Protein: 0.81g (1.61%), Vitamin B1: 0.06mg (3.75%), Selenium: 2.41µg (3.44%), Manganese: 0.07mg (3.27%), Folate: 12.87µg (3.22%), Vitamin A: 114.35IU (2.29%), Vitamin B2: 0.04mg (2.21%), Iron: 0.38mg (2.13%), Vitamin B3: 0.42mg (2.12%), Fiber: 0.33g (1.34%), Phosphorus: 10.26mg (1.03%)