



Angel Wings

 Vegetarian

READY IN



110 min.

SERVINGS



42

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups confectioners' sugar
- ☐ 4 large egg yolks
- ☐ 2 cups flour for dusting all-purpose plus more
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 42 servings vegetable oil for frying

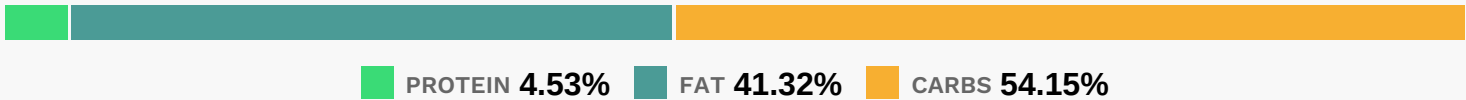
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ slotted spoon

Directions

- ☐ Combine the flour, sour cream, egg yolks, honey, lemon zest and salt in a stand mixer fitted with the dough hook attachment.
- ☐ Mix on medium-high speed until the dough comes together and begins to pull away from the bowl, 3 to 4 minutes. Turn out onto a floured surface and knead until smooth, about 5 minutes. Divide into 2 balls, loosely cover with plastic wrap and let sit at room temperature, 1 hour.
- ☐ Roll out each ball on a floured surface into a 12-inch square, about 1/8 inch thick.
- ☐ Cut each square into 7 strips, then cut each strip crosswise into thirds (you will have 42 rectangles). One at a time, make a 1-inch slit lengthwise down the center of each rectangle; lift a short end and thread it through the slit, then pull out; twist in the middle so it looks like a bow.
- ☐ Heat about 3 inches of vegetable oil in a pot over medium heat until a deep-fry thermometer registers 350 degrees F. Fry 5 to 7 cookies at a time, turning, until deep golden brown, 2 to 3 minutes.
- ☐ Remove with a slotted spoon and drain on paper towels. Toss in the confectioners' sugar. Store in an airtight container for up to 3 days.
- ☐ Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:3.03, Glycemic Load:3.72, Inflammation Score:-1, Nutrition Score:1.494782594559%

Nutrients (% of daily need)

Calories: 82.33kcal (4.12%), Fat: 3.82g (5.87%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 11.09g (4.03%), Sugar: 6.53g (7.25%), Cholesterol: 19.1mg (6.37%), Sodium: 29.58mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin K: 5.22µg (4.97%), Selenium: 3.07µg (4.38%), Folate: 13.44µg (3.36%), Vitamin B1: 0.05mg (3.34%), Vitamin B2: 0.04mg (2.59%), Manganese: 0.04mg (2.14%), Vitamin E: 0.28mg (1.9%), Iron: 0.33mg (1.84%), Vitamin B3: 0.36mg (1.78%), Phosphorus: 14.87mg (1.49%)