

Anise Cookies II

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



39 kcal

DESSERT

Ingredients

- 1 tablespoon aniseed
- 2 cups powdered sugar
- 4 eggs separated
- 2.5 cups flour all-purpose
- 1 pinch salt
- 1 teaspoon vanilla extract
- 1 tablespoon water cold

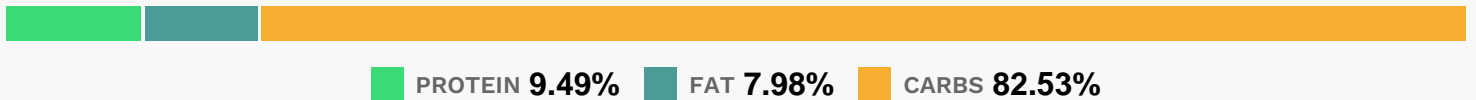
Equipment

- bowl
- baking paper
- oven
- whisk

Directions

- Beat egg whites with water until stiff.
- In a large bowl, beat egg yolks with sugar, salt, and vanilla until creamy. Fold egg whites into yolks using a wire whisk. Sift flour and anise into the bowl, and gently stir together with the whisk.
- Mix will look lumpy.
- Put dough into decorating bag with round large tip, and press 1 inch rounds onto sheet.
- Let cookies sit out overnight at room temperature to dry.
- The next day, cover cookies with a sheet of parchment paper, and bake at 350 degrees F (175 degrees C) for 20 to 25 minutes. Cookies are done when bottom is light brown, but tops are still almost white. Cool.
- Store in container for 2 to 3 weeks in a cool place to mellow and to turn soft. You can add a slice of bread or a piece of apple to help soften the cookies.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:1.0260869511606%

Nutrients (% of daily need)

Calories: 39.24kcal (1.96%), Fat: 0.35g (0.53%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 7.89g (2.87%), Sugar: 3.95g (4.38%), Cholesterol: 10.91mg (3.64%), Sodium: 5.03mg (0.22%), Alcohol: 0.02g (100%), Alcohol %: 0.23% (100%), Protein: 0.93g (1.85%), Selenium: 2.7µg (3.85%), Vitamin B1: 0.04mg (2.83%), Folate: 10.92µg (2.73%), Vitamin B2: 0.04mg (2.37%), Manganese: 0.04mg (1.95%), Iron: 0.33mg (1.85%), Vitamin B3: 0.31mg (1.57%), Phosphorus: 11.88mg (1.19%)