



Anise Cookies (Springerle)

 Dairy Free

READY IN



45 min.

SERVINGS



50

CALORIES



84 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 4.5 cups cake flour
- 4 drops cooking oil
- 4 cups powdered sugar
- 4 eggs
- 2 teaspoons lemon zest

Equipment

- bowl

- baking sheet
- oven
- rolling pin

Directions

- In a large bowl, beat the eggs and sugar until very light and fluffy. Stir in the anise oil and lemon zest.
- Add the flour and baking powder; mix until well blended. Cover and chill dough for 3 to 4 hours.
- On a lightly floured surface, roll out the dough to 1/4 to 1/8 inch thickness. Use a springerle rolling pin or board to make the designs.
- Cut into 1 1/2 inch rectangles, place onto a cookie sheet, and let them sit out overnight, uncovered, in a cool dry place.
- The next morning, preheat the oven to 350 degrees F (175 degrees C).
- Bake the cookies for 15 to 20 minutes. Do not let the cookies brown. Allow cookies to cool, and store in an airtight tin for 1 week to blend the flavors.

Nutrition Facts



PROTEIN 8.56% **FAT 6.46%** **CARBS 84.98%**

Properties

Glycemic Index:3.18, Glycemic Load:5.31, Inflammation Score:-1, Nutrition Score:1.2495652297917%

Nutrients (% of daily need)

Calories: 83.78kcal (4.19%), Fat: 0.6g (0.93%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 17.52g (6.37%), Sugar: 9.44g (10.49%), Cholesterol: 13.09mg (4.36%), Sodium: 13.9mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Selenium: 5.61µg (8.01%), Manganese: 0.09mg (4.52%), Phosphorus: 19.64mg (1.96%), Vitamin B2: 0.02mg (1.45%), Folate: 5.38µg (1.34%), Copper: 0.02mg (1.19%), Fiber: 0.28g (1.11%), Vitamin B5: 0.1mg (1.03%)