



Anise-Flavored "Doughnuts"

 Dairy Free

READY IN



113 min.

SERVINGS



24

CALORIES



66 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 large eggs
- 1.5 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.5 cup olive oil
- 0.3 cup anisette liqueur (such as Chinchon)
- 1 tablespoon powdered sugar
- 0.3 teaspoon salt

Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- measuring cup

Directions

- Combine first 3 ingredients in a large bowl; stir with a whisk until sugar dissolves.
- Add egg; stir with a whisk until smooth. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, and salt in a medium bowl, stirring with a whisk.
- Add flour mixture to sugar mixture; stir until smooth. Cover and chill 1 hour.
- Preheat oven to 30
- Coat baking sheets with cooking spray or line with parchment paper. Shape 1 1/2 teaspoons of dough into a 2-inch log. Connect ends of log together, forming a ring; place on prepared baking sheets. Repeat procedure with remaining dough, placing 1 inch apart.
- Bake at 300 for 15 minutes or until edges are golden brown.
- Remove cookies from pans; cool on wire racks.
- Sprinkle cookies evenly with powdered sugar while still warm.
- Stir into coffee.
- Heat, mix with powdered sugar, and drizzle over warm pound cake.
- Add a splash to steaming liquid for shellfish like mussels or clams.

Nutrition Facts



PROTEIN 7.04% **FAT 17.59%** **CARBS 75.37%**

Properties

Glycemic Index:9.88, Glycemic Load:7.24, Inflammation Score:-1, Nutrition Score:1.3626086802586%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 65.82kcal (3.29%), Fat: 1.19g (1.83%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 11.24g (4.09%), Sugar: 5.47g (6.08%), Cholesterol: 7.75mg (2.58%), Sodium: 36.24mg (1.58%), Alcohol: 0.99g (100%), Alcohol %: 5.86% (100%), Protein: 1.07g (2.14%), Selenium: 3.32µg (4.74%), Vitamin B1: 0.06mg (4.14%), Folate: 15.28µg (3.82%), Vitamin B2: 0.05mg (2.88%), Manganese: 0.05mg (2.71%), Iron: 0.42mg (2.31%), Vitamin B3: 0.46mg (2.31%), Phosphorus: 14.39mg (1.44%), Vitamin E: 0.16mg (1.04%)