



Anise Icebox Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



66

CALORIES



73 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 1 cup sugar
- 1 cup brown sugar packed
- 1 large eggs room temperature
- 2.5 cups flour all-purpose
- 1 teaspoon baking soda
- 0.5 teaspoon salt
- 0.5 teaspoon ground cinnamon

- 0.5 teaspoon ground cloves
- 0.5 cup pecans finely chopped
- 1 tablespoon aniseed

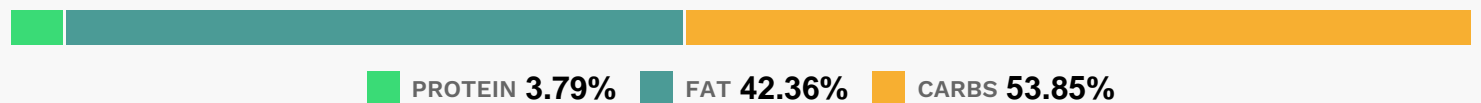
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, cream butter and sugars until light and fluffy, 5–7 minutes. Beat in egg.
- Combine the flour, baking soda, salt, cinnamon and cloves; gradually add to creamed mixture and mix well. Stir in pecans and aniseed.
- Shape into two 8-1/2-in. rolls; wrap each in waxed paper. Refrigerate for 4 hours.
- Preheat oven to 375°. Unwrap dough; cut 1/4 in. off the ends of each roll.
- Cut dough into 1/4-in. slices.
- Place 2 in. apart on ungreased baking sheets.
- Bake 8–10 minutes or until golden brown.
- Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:3.26, Glycemic Load:4.74, Inflammation Score:-1, Nutrition Score:1.159999999999061%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg,
Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 73.4kcal (3.67%), Fat: 3.53g (5.43%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 10.09g (3.36%), Net
Carbohydrates: 9.86g (3.58%), Sugar: 6.31g (7.01%), Cholesterol: 10.21mg (3.4%), Sodium: 58.51mg (2.54%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Manganese: 0.09mg (4.29%), Vitamin B1: 0.04mg (2.9%),
Selenium: 1.97µg (2.81%), Folate: 9.35µg (2.34%), Vitamin A: 90.86IU (1.82%), Iron: 0.32mg (1.76%), Vitamin B2:
0.03mg (1.76%), Vitamin B3: 0.3mg (1.49%), Phosphorus: 10.29mg (1.03%)