



Anise Seed Borrachio Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



36

CALORIES



111 kcal

DESSERT

Ingredients

- 2 tablespoons anise seed
- 1 teaspoon double-acting baking powder
- 1.3 cups butter
- 1 eggs
- 2.5 cups flour all-purpose
- 1.5 teaspoons ground cloves
- 3 tablespoons rum
- 0.5 teaspoon salt

- 1.5 teaspoons vanilla extract
- 0.8 cup sugar white

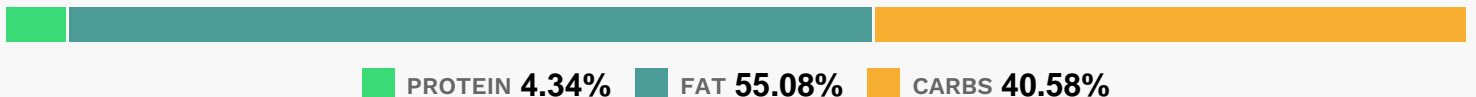
Equipment

- bowl
- baking sheet
- oven
- cookie cutter

Directions

- Place the anise seeds in a small bowl with the rum. Set aside to marinate overnight.
- In a medium bowl, cream together the butter, sugar and vanilla until smooth. Stir in the anise seed and rum.
- Mix in the egg.
- Combine the flour, salt, baking powder and cloves; stir into the butter mixture until well blended. Cover and refrigerate until chilled, about 1 hour.
- Preheat the oven to 350 degrees F (175 degrees C). On a lightly floured surface, roll the dough out to 1/8 inch thickness.
- Cut into desired shapes using cookie cutters.
- Place cookies on a greased cookie sheet.
- Bake for 10 minutes in the preheated oven, or until golden brown at the edges. Cool for a few minutes on baking sheets before removing to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:8.53, Glycemic Load:7.74, Inflammation Score:-2, Nutrition Score:1.9052174130212%

Nutrients (% of daily need)

Calories: 110.68kcal (5.53%), Fat: 6.67g (10.26%), Saturated Fat: 4.11g (25.68%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 10.75g (3.91%), Sugar: 4.21g (4.68%), Cholesterol: 21.49mg (7.16%), Sodium: 97.02mg (4.22%), Alcohol: 0.47g (100%), Alcohol %: 2.51% (100%), Protein: 1.18g (2.36%), Manganese: 0.12mg (5.91%), Selenium: 3.44µg (4.92%), Vitamin B1: 0.07mg (4.69%), Folate: 16.75µg (4.19%), Vitamin A: 204.74IU (4.09%), Iron: 0.57mg (3.19%), Vitamin B2: 0.05mg (3.14%), Vitamin B3: 0.53mg (2.65%), Phosphorus: 17.73mg (1.77%), Vitamin E: 0.21mg (1.39%), Calcium: 13.17mg (1.32%), Fiber: 0.31g (1.25%)