



Anise Seed-Cinnamon Cookies: Biscochitos

 Dairy Free

READY IN



40 min.

SERVINGS



36

CALORIES



112 kcal

DESSERT

Ingredients

- 1 teaspoon anise seed toasted
- 1 teaspoon double-acting baking powder
- 1 eggs beaten
- 3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 orange zest
- 0.5 teaspoon salt
- 0.3 cup cooking sherry

- 0.3 cup sugar
- 0.7 cup sugar
- 1 cup lard

Equipment

- bowl
- baking sheet
- oven
- mixing bowl
- hand mixer
- spatula

Directions

- Preheat oven to 350 degrees F. Lightly grease baking sheets.
- In a small bowl combine sugar, orange zest, and sherry, and set aside to let flavors infuse the sugar. In a large mixing bowl, thoroughly combine flour, baking powder, anise seed, and salt. In another bowl, beat the lard with an electric mixer until fluffy.
- Add lard and infused sugar to flour mixture and knead until it forms a cohesive mass. On a floured surface, roll dough to a thickness of 1/4-inch.
- Cut into rectangles and pinch 1 of the short sides into deditos (little toes) which will spread apart when baking.
- For the topping, combine cinnamon with sugar in a small bowl.
- Brush rectangles with beaten egg and sprinkle with topping.
- Transfer cookies with a spatula to baking sheet and bake 8 to 10 minutes until crispy and edges are just beginning to turn golden.
- Serve with cota tea or atole.

Nutrition Facts



PROTEIN 4.48% **FAT 47.95%** **CARBS 47.57%**

Properties

Glycemic Index:9.23, Glycemic Load:9.34, Inflammation Score:-1, Nutrition Score:1.9517391200947%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 111.68kcal (5.58%), Fat: 5.94g (9.14%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 12.91g (4.69%), Sugar: 5.13g (5.7%), Cholesterol: 4.55mg (1.52%), Sodium: 46.41mg (2.02%), Alcohol: 0.17g (100%), Alcohol %: 0.88% (100%), Protein: 1.25g (2.5%), Selenium: 3.95µg (5.64%), Vitamin B1: 0.08mg (5.61%), Folate: 19.76µg (4.94%), Manganese: 0.08mg (4.23%), Vitamin B2: 0.06mg (3.46%), Vitamin B3: 0.62mg (3.12%), Iron: 0.56mg (3.09%), Vitamin K: 3.09µg (2.94%), Vitamin E: 0.37mg (2.47%), Phosphorus: 16.75mg (1.68%), Fiber: 0.35g (1.42%), Vitamin B5: 0.11mg (1.06%), Calcium: 10.51mg (1.05%)