



## Anise Seed Cookies

 Vegetarian  Dairy Free

READY IN



215 min.

SERVINGS



48

CALORIES



48 kcal

DESSERT

### Ingredients

- 1 teaspoon anise seed
- 0.5 teaspoon anise oil
- 3 cups confectioners' sugar
- 3 eggs
- 1.5 cups flour all-purpose

### Equipment

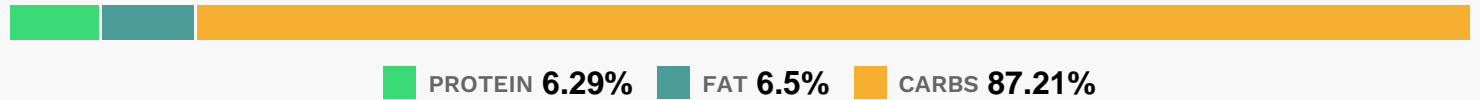
- bowl
- baking sheet

- oven
- hand mixer

## Directions

- In a large bowl, whip eggs and sugar together for 15 minutes on the high speed of an electric mixer. Gradually stir in the flour, anise oil and anise seeds. Spoon out dough by rounded teaspoonfuls onto well greased cookie sheets. Decorate at this time if desired.
- Let the cookies stand uncovered for at least 4 hours.
- Preheat the oven to 300 degrees F (150 degrees C).
- Bake cookies for 12 to 15 minutes, until cookies begin to brown. remove from baking sheets to cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:1.67, Glycemic Load:2.16, Inflammation Score:-1, Nutrition Score:0.8178260895707%

## Nutrients (% of daily need)

Calories: 47.83kcal (2.39%), Fat: 0.35g (0.54%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 10.39g (3.78%), Sugar: 7.36g (8.17%), Cholesterol: 10.23mg (3.41%), Sodium: 4.14mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.51%), Selenium: 2.22µg (3.17%), Vitamin B1: 0.03mg (2.13%), Folate: 8.45µg (2.11%), Vitamin B2: 0.03mg (1.97%), Manganese: 0.03mg (1.43%), Iron: 0.25mg (1.38%), Vitamin B3: 0.23mg (1.17%)