



Anise Tea Crescents

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



68 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon aniseed crushed
- ☐ 5 tablespoons butter softened
- ☐ 2 tablespoons canola oil
- ☐ 0.3 cup cornstarch
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons milk 2% reduced-fat
- ☐ 1.3 cups powdered sugar divided
- ☐ 0.5 teaspoon salt

☐ 1.5 teaspoons vanilla extract

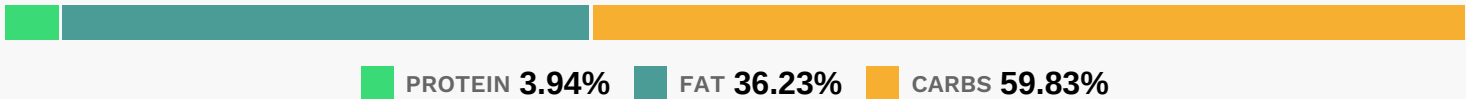
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, cornstarch, and salt in a medium bowl, stirring with a whisk.
- ☐ Beat 3/4 cup sugar, butter, and oil with a mixer at medium speed until light and fluffy.
- ☐ Add milk and vanilla; beat until well blended.
- ☐ Add flour mixture and aniseed; beat at low speed until blended. Chill 30 minutes. Shape dough into 32 (2-inch) logs; bend logs to form crescent shape. Arrange 16 crescents 1 inch apart on a baking sheet.
- ☐ Bake at 350 for 14 minutes or until edges are golden.
- ☐ Remove from oven; cool on pan 3 minutes. Repeat procedure with remaining 16 crescents.
- ☐ Sift remaining 1/2 cup sugar into a medium bowl; toss warm cookies in sugar to coat. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:3.24, Inflammation Score:-1, Nutrition Score:1.0243478282962%

Nutrients (% of daily need)

Calories: 68.01kcal (3.4%), Fat: 2.74g (4.21%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 9.99g (3.63%), Sugar: 4.67g (5.19%), Cholesterol: 4.78mg (1.59%), Sodium: 51.17mg (2.22%), Alcohol: 0.06g (100%), Alcohol %: 0.51% (100%), Protein: 0.67g (1.34%), Vitamin B1: 0.05mg (3.11%), Selenium: 2.09µg (2.99%), Folate: 10.84µg (2.71%), Manganese: 0.04mg (2.14%), Vitamin B2: 0.03mg (1.92%), Vitamin B3: 0.35mg (1.75%), Iron: 0.3mg (1.69%), Vitamin E: 0.21mg (1.38%), Vitamin A: 55.82IU (1.12%)