



Anisette Cookies I

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



114 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 1 teaspoon anise extract
- 5 teaspoons double-acting baking powder
- 7 eggs
- 7 cups flour all-purpose sifted
- 1 teaspoon lemon extract
- 0.8 cup orange juice
- 2 teaspoons vanilla extract

- 0.5 cup vegetable oil
- 2 cups sugar white

Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, beat eggs. Blend in vegetable oil, orange juice, vanilla, lemon and anise flavoring.
- Sift the flour with the sugar and baking powder.
- Add the flour mixture to the egg mixture. The dough will probably be sticky.
- Add additional flour until dough no longer sticks to your hands and can rolled.
- Pull off a piece of dough about the size of a walnut.
- Roll it into a rope and shape it into a knot.
- Place finished knots 2 inches apart on an ungreased cookie sheet.
- Bake at 350 degrees F (175 degrees C) for 15 minutes. Bottoms should slightly brown. Cool cookies on a wire rack. If desired ice with confectioner's sugar icing.

Nutrition Facts



Properties

Glycemic Index:6.02, Glycemic Load:16.19, Inflammation Score:-1, Nutrition Score:3.4847825947015%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg,

Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 114.31kcal (5.72%), Fat: 1.28g (1.97%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 22.81g (7.6%), Net Carbohydrates: 22.31g (8.11%), Sugar: 8.75g (9.72%), Cholesterol: 23.87mg (7.96%), Sodium: 53.79mg (2.34%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Protein: 2.72g (5.44%), Selenium: 8.2µg (11.72%), Vitamin B1: 0.15mg (9.95%), Folate: 37.54µg (9.38%), Vitamin B2: 0.12mg (7.2%), Manganese: 0.13mg (6.38%), Iron: 1.02mg (5.65%), Vitamin B3: 1.1mg (5.49%), Phosphorus: 42.2mg (4.22%), Calcium: 31.35mg (3.13%), Vitamin C: 1.94mg (2.35%), Fiber: 0.5g (2%), Vitamin B5: 0.19mg (1.86%), Copper: 0.03mg (1.67%), Zinc: 0.21mg (1.42%), Magnesium: 5.35mg (1.34%), Potassium: 36.73mg (1.05%), Vitamin B6: 0.02mg (1.03%)