



Anisette Cookies II

 Vegetarian

READY IN



50 min.

SERVINGS



48

CALORIES



28 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon anise extract
- ☐ 0.3 cup double-acting baking powder
- ☐ 4 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 0.8 cup sugar white

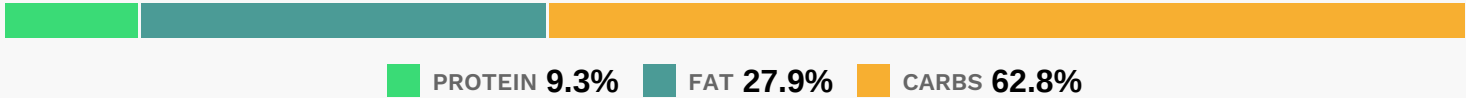
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- ☐ In a medium bowl, beat together the eggs, sugar, milk, oil and anise extract until smooth. In a large bowl, stir together the flour, salt, baking powder and salt. Make a well in the center of the dry ingredients and pour the liquid mixture into it.
- ☐ Mix well until a soft dough is formed. Stir in the extra 1/2 cup of flour if necessary.
- ☐ Roll the dough into walnut sized balls.
- ☐ Place the cookies 2 inches apart onto the cookie sheet, and flatten slightly.
- ☐ Bake for 10 to 15 minutes in the preheated oven, until firm. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:5.73, Glycemic Load:3.26, Inflammation Score:-1, Nutrition Score:1.1186956517074%

Nutrients (% of daily need)

Calories: 28.21kcal (1.41%), Fat: 0.91g (1.4%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 4.55g (1.66%), Sugar: 3.26g (3.62%), Cholesterol: 13.94mg (4.65%), Sodium: 161.07mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Calcium: 77.83mg (7.78%), Phosphorus: 38.23mg (3.82%), Selenium: 1.64µg (2.34%), Vitamin B2: 0.03mg (1.61%), Iron: 0.26mg (1.46%), Folate: 4.11µg (1.03%)