

Aunt Anne's Sesame Cookies

 Vegetarian

READY IN



32 min.

SERVINGS



60

CALORIES



71 kcal

DESSERT

Ingredients

- 2 teaspoons anise extract
- 0.3 teaspoon double-acting baking powder
- 1 cup butter
- 1 eggs room temperature
- 2.5 cups flour all-purpose
- 0.1 teaspoon salt
- 1 cup sesame seed
- 0.8 cup sugar

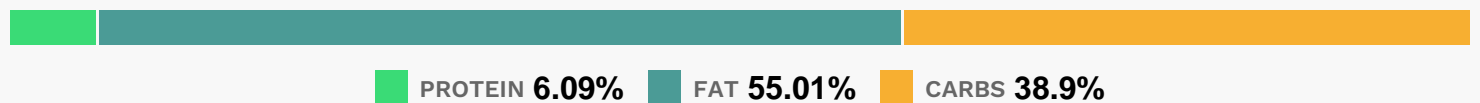
Equipment

- bowl
- baking sheet
- oven
- stand mixer

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a large bowl, cream together the butter and sugar until smooth. Beat in the egg and anise extract until well blended. Sift together the flour, baking powder and salt; stir into the butter mixture until well incorporated. If you are using a stand mixer, let the dough mix for another minute to add lightness to the dough. The dough will be soft, but will hand roll easily.
- Pinch off pieces of dough slightly smaller than a walnut, and roll them into small logs. Dip in milk, then roll in sesame seeds.
- Place cookies one inch apart on a cookie sheet. Cookies will not spread very much.
- Bake for 17 to 20 minutes in the preheated oven, or until bottom and sides of cookies are lightly toasted.
- Remove from cookie sheets to cool on wire racks. Store in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.37, Glycemic Load:4.73, Inflammation Score:-1, Nutrition Score:1.9943478305055%

Nutrients (% of daily need)

Calories: 71.09kcal (3.55%), Fat: 4.44g (6.83%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.63g (2.41%), Sugar: 2.52g (2.8%), Cholesterol: 10.86mg (3.62%), Sodium: 32.38mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Copper: 0.11mg (5.51%), Manganese: 0.1mg (4.87%), Selenium: 2.9µg (4.15%), Vitamin B1: 0.06mg (4.08%), Iron: 0.62mg (3.46%), Folate: 12.41µg (3.1%), Calcium: 27.48mg (2.75%), Magnesium: 10.09mg (2.52%), Phosphorus: 24.08mg (2.41%), Vitamin B2: 0.04mg (2.18%),

Vitamin B3: 0.42mg (2.11%), Vitamin A: 98.73IU (1.97%), Fiber: 0.44g (1.74%), Zinc: 0.24mg (1.62%), Vitamin B6: 0.02mg (1.17%)