



Bake the Book: Coffee-Flavored Corn Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 0.8 cups hot-brewed coffee brewed
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1.5 cups sugar
- ☐ 1 pound shortening

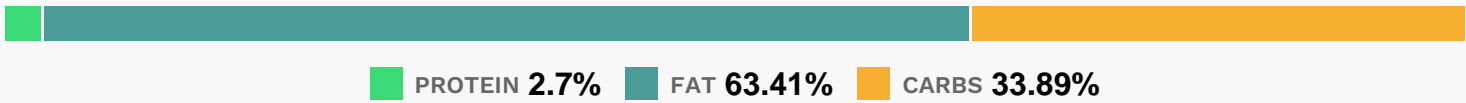
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Beat the lard with a wooden spoon or in a mixer using the paddle attachment until smooth.
- ☐ Add the sugar and mix until light and fluffy.
- ☐ Add the eggs, one at a time, then add one-third of the flour.
- ☐ Add about one third of the coffee and continue alternating the flour and coffee in two more batches until incorporated. Scrape down the sides as necessary and beat until thoroughly combined. Turn out onto a lightly floured surface and knead until a smooth and uniform dough is formed.
- ☐ With your hands, roll out pieces about 5 inches wide and 1/2 inch thick, starting in the center and rolling outward so that they are evenly thick. Connect one end of each piece to the other, making a ring, and place on a parchment-lined baking sheet, about 1 inch apart. Refrigerate until firm, about 10 minutes.
- ☐ Preheat the oven to 350°F.
- ☐ Bake the cookies for 12 to 15 minutes, or until golden, and allow to cool on the baking sheet.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:7.73, Inflammation Score:-1, Nutrition Score:2.5956521695075%

Nutrients (% of daily need)

Calories: 182.77kcal (9.14%), Fat: 13.14g (20.21%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 15.3g (5.56%), Sugar: 8.34g (9.26%), Cholesterol: 9.09mg (3.03%), Sodium: 4.54mg (0.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin B1: 0.12mg (8.32%), Vitamin K: 6.73µg (6.41%), Vitamin E: 0.8mg (5.34%), Folate: 20.84µg (5.21%), Vitamin B2: 0.08mg (4.98%), Vitamin B3: 0.85mg (4.23%), Selenium: 2.86µg (4.09%), Iron: 0.69mg (3.84%), Manganese: 0.05mg (2.71%), Phosphorus: 22.29mg (2.23%), Fiber: 0.5g (2%), Vitamin B6: 0.04mg (1.8%), Magnesium: 7.1mg (1.77%), Vitamin B5: 0.16mg (1.63%), Zinc:

0.17mg (1.14%), Calcium: 10.81mg (1.08%)