



Bake the Book: Orange-Infused Rounds



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons double-acting baking powder
- ☐ 3 eggs separated
- ☐ 1 tablespoon orange zest grated
- ☐ 0.5 cup sugar freshly ground
- ☐ 1.5 cups sugar
- ☐ 9 tablespoons butter unsalted at room temperature

Equipment

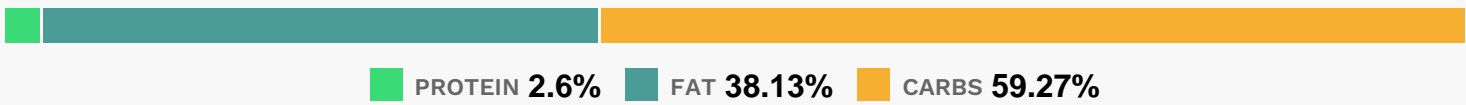
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ In a large bowl, combine the flour and baking powder. Beat the butter with a wooden spoon or in a mixer using the paddle attachment for a couple of minutes.
- ☐ Add the sugar and beat until light and fluffy.
- ☐ Add the egg yolks one at a time, then add the orange zest. Scrape down the sides of the bowl and beat until thoroughly combined. Gradually add the flour mixture and beat until incorporated. Knead on a lightly floured surface until a smooth and uniform dough is formed, 3 to 5 minutes.
- ☐ Using your hands, roll out pieces about 5 inches long and 1/2 inch thick, starting in the center and rolling outward so that the pieces are evenly thick. Connect one end of each piece to the other, making a ring, and place on a parchment paper-lined baking sheet at least 1 inch apart (they will spread a little). Refrigerate until firm to the touch, 10 minutes or so.
- ☐ Meanwhile, preheat the oven to 350°F.
- ☐ Beat the egg whites lightly with a fork, brush the tops of the rosquillas, and carefully dip the tops into the cinnamon-sugar mixture.
- ☐ Bake until they are lightly golden around the edges, 10 to 15 minutes, and transfer to a wire rack to cool. These are best the day they are made.

Nutrition Facts



Properties

Glycemic Index:7.74, Glycemic Load:9.46, Inflammation Score:-1, Nutrition Score:0.85695651327462%

Nutrients (% of daily need)

Calories: 88.25kcal (4.41%), Fat: 3.87g (5.95%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 13.51g (4.91%), Sugar: 13.33g (14.81%), Cholesterol: 25.4mg (8.47%), Sodium: 70.45mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Calcium: 39.18mg (3.92%), Vitamin A: 129.56IU (2.59%), Phosphorus: 22.91mg (2.29%), Selenium: 1.48µg (2.11%), Vitamin B2: 0.02mg (1.43%), Vitamin D: 0.15µg (1.01%)