



Bizcochitos

 Vegetarian

READY IN



45 min.

SERVINGS



55

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons anise seeds
- 1 teaspoon double-acting baking powder
- 2 tablespoons brandy
- 0.5 lb butter at room temperature
- 1 large eggs
- 3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup sugar

Equipment

- bowl
- frying pan
- baking sheet
- oven
- plastic wrap
- hand mixer
- cookie cutter
- spatula
- rolling pin

Directions

- In a bowl, with an electric mixer on medium speed, beat butter and 3/4 cup sugar until smooth. Beat in egg, brandy, and anise seeds. Stir or beat in flour and baking powder until well blended.
- Divide dough in half. Flatten each portion with your hands into a 1-inch-thick round. Wrap each portion in plastic wrap airtight and freeze until firm, about 30 minutes.
- Unwrap dough. On a lightly floured surface, with a floured rolling pin, roll dough, a portion at a time, to 1/8 inch thick.
- With floured cookie cutters, cut dough into desired shapes (if dough becomes too soft to handle, freeze briefly until firm again).
- With a wide spatula or your fingers, transfer cookies to buttered or cooking parchment-lined 12- by 15-inch baking sheets, spacing them about 1 inch apart. Gather scraps, pat into a ball, and repeat rolling and cutting. In a small bowl, mix remaining 1/4 cup sugar and the cinnamon.
- Sprinkle cinnamon sugar over cutouts on sheets.
- Bake cookies in a 300 oven until golden, about 15 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- With a wide spatula, transfer cookies to racks to cool. If hot cookies start to break, slide a thin spatula under them to release, let stand on sheets to firm up, about 5 minutes, then transfer to racks to cool completely.

Nutrition Facts



■ PROTEIN 4.89% ■ FAT 44.74% ■ CARBS 50.37%

Properties

Glycemic Index:5.67, Glycemic Load:6.32, Inflammation Score:-1, Nutrition Score:1.2504347762012%

Nutrients (% of daily need)

Calories: 71.26kcal (3.56%), Fat: 3.52g (5.41%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 8.7g (3.16%), Sugar: 3.65g (4.06%), Cholesterol: 12.25mg (4.08%), Sodium: 35.71mg (1.55%), Alcohol: 0.18g (100%), Alcohol %: 1.43% (100%), Protein: 0.87g (1.73%), Selenium: 2.66µg (3.8%), Vitamin B1: 0.05mg (3.62%), Folate: 13.04µg (3.26%), Manganese: 0.05mg (2.73%), Vitamin B2: 0.04mg (2.36%), Vitamin A: 108.23IU (2.16%), Iron: 0.37mg (2.04%), Vitamin B3: 0.41mg (2.04%), Phosphorus: 12.03mg (1.2%)