



Cinnamon-Anise Crisps

READY IN



45 min.

SERVINGS



24

CALORIES



72 kcal

DESSERT

Ingredients

- 0.5 teaspoon aniseed crushed
- 1 teaspoon double-acting baking powder
- 0.3 cup butter softened
- 6 ounces cake flour
- 1 large eggs
- 1.3 teaspoons ground cinnamon divided
- 1 tablespoon orange juice fresh
- 0.3 teaspoon salt
- 0.8 cup sugar

- 1.5 teaspoons sugar
- 1 teaspoon vanilla extract

Equipment

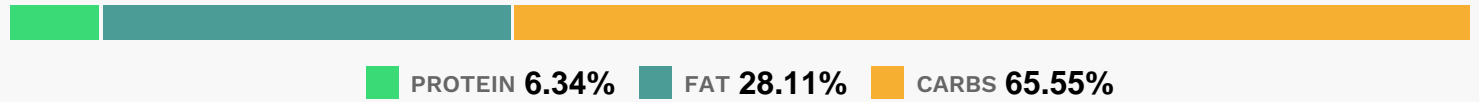
- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- blender
- plastic wrap
- measuring cup

Directions

- Lightly spoon cake flour into dry measuring cups; level with a knife.
- Combine flour, 1 teaspoon cinnamon, baking powder, crushed aniseed, and salt, stirring with a whisk; set aside.
- Place 3/4 cup sugar and butter in a medium bowl; beat with a mixer at medium speed 5 minutes or until light and fluffy.
- Add juice, vanilla, and egg; beat until combined. Gradually add flour mixture to butter mixture, beating at low speed just until combined. Divide dough in half. Shape dough into 2 (6-inch-long) logs; wrap each log in plastic wrap. Freeze 1 hour or until very firm.
- Preheat oven to 35
- Unwrap dough logs.
- Cut each dough log into 12 (1/2-inch-thick) slices; place slices 2 inches apart on baking sheets lined with parchment paper.
- Combine 1 1/2 teaspoons sugar and remaining 1/4 teaspoon cinnamon; sprinkle evenly over dough slices.
- Bake at 350 for 10 minutes or until golden. Cool on pans 5 minutes.

Remove cookies from pans; cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:7.95, Inflammation Score:-1, Nutrition Score:1.011304350003%

Flavonoids

Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 71.83kcal (3.59%), Fat: 2.26g (3.48%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 11.64g (4.23%), Sugar: 6.6g (7.33%), Cholesterol: 12.83mg (4.28%), Sodium: 60.3mg (2.62%), Alcohol: 0.06g (100%), Alcohol %: 0.38% (100%), Protein: 1.15g (2.3%), Selenium: 3.52µg (5.03%), Manganese: 0.08mg (3.83%), Phosphorus: 15.6mg (1.56%), Vitamin A: 72.34IU (1.45%), Calcium: 14.08mg (1.41%)