



Cornmeal-Fennel Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



86 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 cup butter at room temperature
- ☐ 1 eggs
- ☐ 1 teaspoon fennel seeds
- ☐ 1.8 cups flour sifted
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 3 tablespoons cornmeal yellow fine

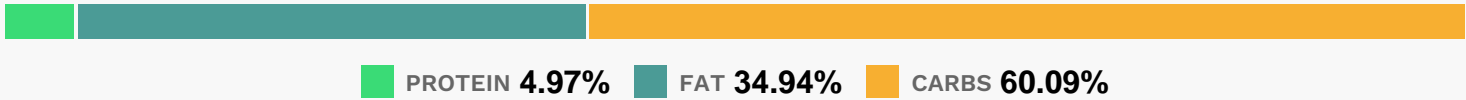
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ In a large bowl, cream butter and sugar until light and fluffy.
- ☐ Add fennel seeds and salt.
- ☐ Add egg and beat to combine.
- ☐ In a small bowl, stir together flour, cornmeal, and baking powder.
- ☐ Add these dry ingredients to butter mixture in 3 batches, mixing after each addition. Shape dough into a log, wrap in plastic wrap, and refrigerate at least 2 hours and up to 1 day.
- ☐ Preheat oven to 37
- ☐ Break off small bits of dough and roll into balls about 1 1/2 in. wide. Arrange on parchment-lined baking sheets. Gently flatten each cookie using the bottom of a water glass (dip the glass in water to prevent sticking).
- ☐ Bake cookies for 8 minutes, or until golden brown and puffed.
- ☐ Transfer cookies to cooling racks.

Nutrition Facts



Properties

Glycemic Index:11.85, Glycemic Load:9.17, Inflammation Score:-1, Nutrition Score:1.5152173847284%

Nutrients (% of daily need)

Calories: 85.61kcal (4.28%), Fat: 3.37g (5.18%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 12.72g (4.62%), Sugar: 6.7g (7.44%), Cholesterol: 13.59mg (4.53%), Sodium: 67.3mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Selenium: 3.06µg (4.37%), Vitamin B1: 0.06mg

(4.09%), Folate: 14.49µg (3.62%), Manganese: 0.06mg (3.06%), Vitamin B2: 0.05mg (2.73%), Iron: 0.43mg (2.4%), Vitamin B3: 0.46mg (2.31%), Vitamin A: 102.56IU (2.05%), Phosphorus: 18.64mg (1.86%), Calcium: 15.51mg (1.55%), Fiber: 0.32g (1.27%)