



Cornmeal Wreaths

 Vegetarian

READY IN



63 min.

SERVINGS



34

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon anise extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup cornflakes
- ☐ 1 large egg white beaten
- ☐ 2 large eggs room temperature
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 teaspoon salt fine
- ☐ 0.7 cup sugar

- ☐ 0.8 cup butter unsalted room temperature
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1 cup cornmeal yellow

Equipment

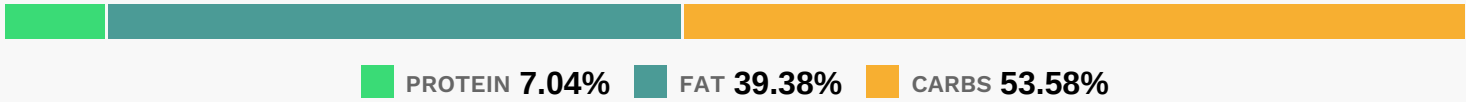
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ wooden spoon
- ☐ spatula
- ☐ kitchen scissors

Directions

- ☐ Whisk the flour, cornmeal, baking powder, and salt in a medium bowl. In another bowl, beat the butter with a handheld electric mixer until smooth.
- ☐ Add the sugar, vanilla, and anise to the butter and continue beating until light and fluffy, about 2 minutes more.
- ☐ Add the eggs 1 at a time to the butter mixture and mix until incorporated, about 30 seconds. Stir the flour-cornmeal mixture into the wet ingredients with a wooden spoon or rubber spatula.
- ☐ Divide the dough into 34 (1-inch) balls (3/4-ounce). Arrange the cookies on 2 parchment-lined cookie sheets about 1-inch apart. Make a hole in the center of each ball with your finger or the tip of a wooden spoon. Work each piece of dough by hand into a doughnut-like shape with a 1-inch hole and about 2 inches wide. Use scissors to snip 1/2-inch long angled cuts, about 1/2-inch apart around the outside ring of each cookie. Freeze cookies on the sheet until firm, about 10 minutes.
- ☐ Preheat oven to 350 degrees F.
- ☐ Toss a few of the cornflakes at a time with the egg whites and arrange on the surface of the cookies in a leaf like pattern.

- ☐ Bake until just golden around the edges, about 14 to 18 minutes.
- ☐ Transfer to a rack to cool. Dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:8.99, Glycemic Load:9.4, Inflammation Score:-2, Nutrition Score:2.6052173589883%

Nutrients (% of daily need)

Calories: 107.18kcal (5.36%), Fat: 4.71g (7.25%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 13.74g (5%), Sugar: 4.12g (4.58%), Cholesterol: 21.71mg (7.24%), Sodium: 71.88mg (3.13%), Alcohol: 0.04g (100%), Alcohol %: 0.19% (100%), Protein: 1.9g (3.79%), Selenium: 4.32µg (6.18%), Vitamin B1: 0.09mg (6.1%), Folate: 21.24µg (5.31%), Iron: 0.84mg (4.68%), Vitamin B2: 0.08mg (4.59%), Manganese: 0.09mg (4.47%), Vitamin B3: 0.76mg (3.79%), Phosphorus: 32.63mg (3.26%), Vitamin A: 155.72IU (3.11%), Fiber: 0.69g (2.76%), Vitamin B6: 0.05mg (2.56%), Magnesium: 7.78mg (1.95%), Calcium: 18.38mg (1.84%), Zinc: 0.25mg (1.7%), Copper: 0.03mg (1.42%), Vitamin B12: 0.08µg (1.28%), Vitamin B5: 0.12mg (1.18%), Vitamin E: 0.17mg (1.14%), Vitamin D: 0.16µg (1.09%)