

Crisp Bizcochitos



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



53 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup brandy
- ☐ 2 egg whites
- ☐ 2 eggs
- ☐ 6.5 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 cup orange juice concentrate undiluted thawed
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 1.5 cups sugar
- ☐ 1 cup vegetable oil
- ☐ 3 tablespoons aniseeds
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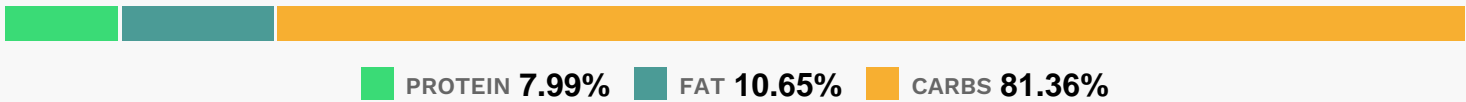
Equipment

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

Directions

- ☐ Combine 1 1/2 cups sugar and oil in a bowl; stir well.
- ☐ Add orange juice and next 6 ingredients (orange juice through egg whites); stir until well-blended. Gradually add flour, 1 cup at a time, stirring until well-blended. Shape dough into a ball, and wrap in plastic wrap; chill 1 hour.
- ☐ Divide dough into 4 equal portions.
- ☐ Roll each portion of dough to 1/8-inch thickness on a lightly floured surface; cut with a 2 1/2-inch round cutter.
- ☐ Place cookies on baking sheets.
- ☐ Combine 1/2 cup sugar and cinnamon; sprinkle on top of cookies.
- ☐ Bake at 350 for 12 minutes or until lightly brown around edges.

Nutrition Facts



Properties

Glycemic Index:3.27, Glycemic Load:7.31, Inflammation Score:-1, Nutrition Score:1.4565217478768%

Nutrients (% of daily need)

Calories: 53.32kcal (2.67%), Fat: 0.62g (0.95%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 10.34g (3.76%), Sugar: 4.3g (4.78%), Cholesterol: 3.27mg (1.09%), Sodium: 26.87mg (1.17%), Alcohol: 0.2g (100%), Alcohol %: 1.45% (100%), Protein: 1.04g (2.08%), Selenium: 3.17µg (4.53%), Vitamin B1: 0.07mg (4.45%), Folate: 16.04µg (4.01%), Manganese: 0.06mg (3.09%), Vitamin B2: 0.05mg (2.9%), Vitamin B3: 0.49mg (2.46%), Iron: 0.41mg (2.3%), Vitamin C: 1.37mg (1.67%), Phosphorus: 13.86mg (1.39%)