



Easy Hamantaschen

 Vegetarian  Dairy Free

READY IN



27 min.

SERVINGS



24

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon double-acting baking powder
- 3 eggs
- 5.5 cups flour all-purpose
- 1 cup fruit
- 1 cup granulated sugar
- 0.5 cup orange juice
- 2.5 teaspoons vanilla extract
- 0.8 cup vegetable oil

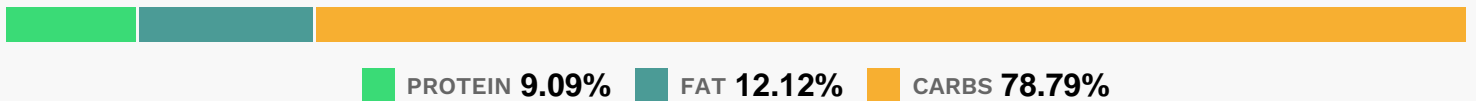
Equipment

- bowl
- baking sheet
- oven
- cookie cutter

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a large bowl, beat the eggs and sugar until lightly and fluffy. Stir in the oil, vanilla and orange juice.
- Combine the flour and baking powder; stir into the batter to form a stiff dough. If dough is not stiff enough to roll out, stir in more flour. On a lightly floured surface, roll dough out to 1/4 inch in thickness.
- Cut into circles using a cookie cutter or the rim of a drinking glass.
- Place cookies 2 inches apart onto the prepared cookie sheets. Spoon about 2 teaspoons of preserves into the center of each one. Pinch the edges to form three corners.
- Bake for 12 to 15 minutes in the preheated oven, or until lightly browned. Allow cookies to cool for 1 minute on the cookie sheet before removing to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:12.05, Glycemic Load:22.03, Inflammation Score:-2, Nutrition Score:5.1773912466091%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 165.68kcal (8.28%), Fat: 2.21g (3.41%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 31.43g (11.43%), Sugar: 10.01g (11.12%), Cholesterol: 20.46mg (6.82%), Sodium: 62.05mg (2.7%), Alcohol: 0.14g (100%), Alcohol %: 0.28% (100%), Protein: 3.73g (7.47%), Selenium: 11.46µg (16.37%), Vitamin B1: 0.23mg (15.53%), Folate: 56.75µg (14.19%), Vitamin B2: 0.17mg (10.15%), Manganese: 0.2mg (10.08%), Vitamin B3: 1.76mg (8.78%), Iron: 1.53mg (8.48%), Phosphorus: 54.87mg (5.49%), Calcium: 37.95mg (3.79%), Fiber: 0.94g (3.77%), Vitamin C: 2.8mg (3.39%), Vitamin K: 3.07µg (2.92%), Copper: 0.06mg (2.79%), Vitamin B5: 0.22mg (2.24%), Magnesium: 8.21mg (2.05%), Zinc: 0.28mg (1.9%), Potassium: 58.25mg (1.66%), Vitamin A: 69.86IU (1.4%), Vitamin B6: 0.03mg (1.29%), Vitamin E: 0.19mg (1.26%)