



Eggless Lace Cookies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



23

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 0.5 cup plus
- ☐ 1 cup brown sugar light
- ☐ 1 cup pistachios chopped
- ☐ 1 Tablespoon rosewater
- ☐ 0.3 Teaspoon salt

Equipment

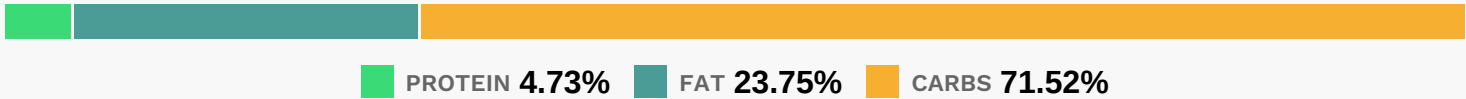
- ☐ bowl
- ☐ baking sheet

- ☐ sauce pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 375F/190C for 15 minutes.Lightly grease or line baking sheets with parchment paper.Sift the flour with the salt in a bowl and set aside.
- ☐ Combine the brown sugar, corn syrup and butter in a saucepan over medium heat.Bring to a boil, stirring occasionally.Boil for 30 seconds.
- ☐ Remove from the heat and stir into the flour mixture together with the chopped pistachios and rosewater. The batter will not be stiff like regular cookie dough. It will have the consistency of idli/dosa batter, so don't worry.Drop the batter using a 1/2 tablespoon, 3 inches apart onto the baking sheets.
- ☐ Bake for 7-8 minutes, until the edges are lightly browned.Carefully remove the cookies from the baking sheets and store in an airtight container for up to 5 days.Allow to cool on the baking sheets.

Nutrition Facts



Properties

Glycemic Index:1.61, Glycemic Load:1.25, Inflammation Score:-1, Nutrition Score:1.4086956511373%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 87.38kcal (4.37%), Fat: 2.44g (3.76%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 16g (5.82%), Sugar: 15.38g (17.09%), Cholesterol: 0mg (0%), Sodium: 32.6mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.19%), Vitamin B6: 0.09mg (4.74%), Copper: 0.07mg (3.7%),

Manganese: 0.07mg (3.52%), Vitamin B1: 0.05mg (3.39%), Phosphorus: 26.59mg (2.66%), Fiber: 0.55g (2.2%), Potassium: 67.62mg (1.93%), Magnesium: 7.41mg (1.85%), Iron: 0.28mg (1.54%), Calcium: 14.53mg (1.45%), Zinc: 0.15mg (1.02%)