



Fennel Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



96

CALORIES



46 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 large eggs
- 2 tablespoons fennel seeds crushed
- 3 cups flour all-purpose
- 0.5 teaspoon salt
- 1 cup sugar
- 96 servings sugar
- 1 cup butter unsalted softened

1 tablespoon vanilla extract

Equipment

baking sheet

oven

knife

hand mixer

wax paper

Directions

Beat butter at medium speed with an electric mixer until creamy; gradually add 1 cup sugar, beating until light and fluffy.

Add eggs, 1 at a time, beating until blended after each addition.

Combine flour, baking powder, and salt; add to butter mixture, beating just until blended. Stir in fennel seeds and vanilla.

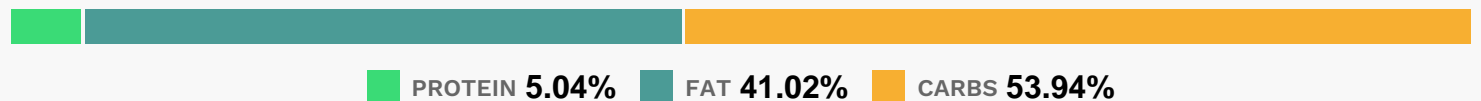
Divide dough into 2 portions; roll each portion on wax paper into a 12" log. Freeze 2 hours or until firm.

Cut each log into about 1/4" thick slices, using a sharp knife; place slices on ungreased baking sheets.

Sprinkle cookies with desired sugar.

Bake at 350 for 10 to 11 minutes or until edges are barely golden. Cool 1 minute on pans; remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:2.47, Glycemic Load:3.62, Inflammation Score:-1, Nutrition Score:0.81695651092931%

Nutrients (% of daily need)

Calories: 45.52kcal (2.28%), Fat: 2.08g (3.2%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 6g (2.18%), Sugar: 3.1g (3.45%), Cholesterol: 8.96mg (2.99%), Sodium: 18.52mg (0.81%), Alcohol: 0.05g (100%), Alcohol %: 0.55% (100%), Protein: 0.57g (1.15%), Selenium: 1.68µg (2.4%), Vitamin B1: 0.03mg (2.11%), Folate: 7.71µg (1.93%), Manganese: 0.04mg (1.8%), Vitamin B2: 0.03mg (1.52%), Vitamin A: 64.88IU (1.3%), Iron: 0.23mg (1.29%), Vitamin B3: 0.24mg (1.2%)