



Finikia

 Vegetarian

READY IN



70 min.

SERVINGS



60

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 1 cinnamon sticks
- ☐ 0.5 cup corn oil
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 0.5 cup honey

- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup orange juice
- ☐ 1 orange zest grated
- ☐ 1.5 cups semolina
- ☐ 0.5 cup caster sugar
- ☐ 0.5 cup walnuts finely chopped
- ☐ 1 cup water
- ☐ 1 cup sugar white

Equipment

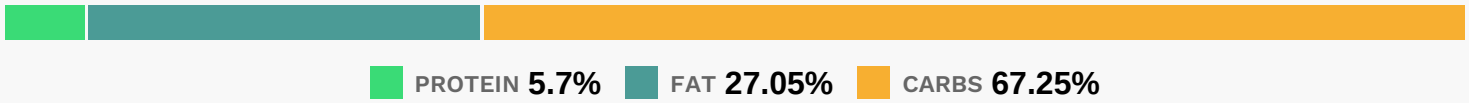
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a large bowl, cream together the butter, superfine sugar and orange zest. Gradually mix in the oil and beat until light and fluffy.
- ☐ Combine the flour, semolina, baking powder, cinnamon and cloves; beat into the fluffy mixture alternately with the orange juice. As the mixture thickens, turn out onto a floured board and knead into a firm dough. Pinch off tablespoonfuls of dough and form them into balls or ovals.
- ☐ Place cookies 2 inches apart onto the prepared cookie sheets.
- ☐ Bake for 25 minutes in the preheated oven, or until golden. Cool on baking sheets until room temperature.
- ☐ To make the syrup: In a medium saucepan, over medium heat, combine the water, white sugar, honey, cinnamon stick and lemon juice. Bring to a boil and boil for 10 minutes.
- ☐ Remove the cinnamon stick. While the mixture is boiling hot, dip the cookies in one at a time, making sure to cover them completely.

- ☐
- Place them on a wire rack to dry and sprinkle with walnuts.
- ☐
- Place paper under the rack to catch the drips. Keep finished cookies in a sealed container at room temperature.

Nutrition Facts



Properties

Glycemic Index:9.09, Glycemic Load:9.33, Inflammation Score:-1, Nutrition Score:2.1652173835622%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 86.69kcal (4.33%), Fat: 2.66g (4.1%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 14.44g (5.25%), Sugar: 7.53g (8.37%), Cholesterol: 4.07mg (1.36%), Sodium: 41.09mg (1.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Selenium: 5.63µg (8.04%), Manganese: 0.13mg (6.68%), Vitamin B1: 0.08mg (5.36%), Folate: 18.97µg (4.74%), Vitamin B2: 0.05mg (3.21%), Vitamin B3: 0.58mg (2.92%), Iron: 0.51mg (2.85%), Phosphorus: 21.59mg (2.16%), Calcium: 20.6mg (2.06%), Fiber: 0.46g (1.84%), Copper: 0.03mg (1.72%), Vitamin C: 1.4mg (1.7%), Magnesium: 5.28mg (1.32%), Vitamin A: 52.77IU (1.06%)