

## Five-Spice Cones

 Vegetarian

READY IN



4500 min.

SERVINGS



20

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1.3 teaspoons five spice powder chinese
- ☐ 0.3 cup powdered sugar
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons butter unsalted melted for buttering pizzelle maker
- ☐ 0.5 cup milk whole

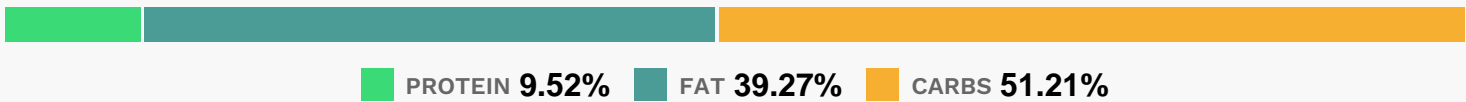
### Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Whisk together all ingredients except additional butter in a bowl until smooth. Chill batter, covered, 1 hour.
- ☐ Heat pizzelle maker and lightly brush top and bottom of pizzelle molds with butter.
- ☐ Pour 1 tablespoon batter into bottom of each pizzelle mold. Close cover and cook batter until golden, about 2 minutes.
- ☐ Working quickly (pizzelle are pliable only while hot), peel off 1 pizzelle and wrap around cone mold, overlapping ends, and pinching tip closed. Hold cone in place until it hardens, about 5 seconds, then slip off mold and repeat with remaining pizzelle. Make more pizzelle and cones in same manner.

## Nutrition Facts



## Properties

Glycemic Index:5.9, Glycemic Load:1.84, Inflammation Score:-1, Nutrition Score:1.0052173887582%

## Nutrients (% of daily need)

Calories: 37.27kcal (1.86%), Fat: 1.64g (2.52%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 4.69g (1.7%), Sugar: 2.27g (2.52%), Cholesterol: 13.04mg (4.35%), Sodium: 20.7mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Selenium: 1.98µg (2.83%), Vitamin B2: 0.04mg (2.17%), Vitamin B1: 0.03mg (1.99%), Folate: 6.96µg (1.74%), Phosphorus: 15.92mg (1.59%), Iron: 0.28mg (1.57%), Manganese: 0.03mg (1.41%), Vitamin A: 59.15IU (1.18%), Calcium: 11.35mg (1.14%), Vitamin B3: 0.2mg (1.01%)