

Fortune Cookies II

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



70 kcal

DESSERT

Ingredients

- 2 tablespoons cornstarch
- 0.3 cup egg whites
- 1 cup flour all-purpose sifted
- 0.3 teaspoon salt
- 7 tablespoons vegetable oil
- 3 tablespoons water
- 6 tablespoons sugar white

Equipment

- baking sheet
- oven
- aluminum foil
- muffin tray

Directions

- Preheat oven 300 degrees F (150 degrees C).
- Stir together sifted flour, salt, cornstarch and sugar.
- Add salad oil and egg whites and stir until smooth.
- Gradually stir in water just until blended.
- Foil cover the cookie sheet. Drop level tablespoon of batter for each of 6 cookies. Use back of spoon to spread batter evenly into 4 inch circle.
- Bake for about 20 minutes.
- Flip cookie onto cotton gloved hand
- Hold fortune in center of pliable cookie while folding cookie in half
- Grasp ends of cookie and draw gently down over edge of muffin pan to crease at center of cookie
- Fit cookie in muffin pan (points down) to hold shape as it cools If cookie hardens too quickly, return to oven for about 1 minute. Store in airtight container.

Nutrition Facts



PROTEIN 5.16% **FAT 51.63%** **CARBS 43.21%**

Properties

Glycemic Index:6.05, Glycemic Load:4.97, Inflammation Score:-1, Nutrition Score:1.2273913114939%

Nutrients (% of daily need)

Calories: 69.87kcal (3.49%), Fat: 4.03g (6.21%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 7.45g (2.71%), Sugar: 3.03g (3.37%), Cholesterol: 0mg (0%), Sodium: 30.11mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin K: 7.31µg (6.96%), Selenium: 2.48µg (3.54%), Vitamin B1: 0.04mg (2.73%), Vitamin B2: 0.04mg (2.42%), Folate: 9.67µg (2.42%), Vitamin E: 0.33mg (2.18%), Manganese: 0.04mg (1.82%), Vitamin B3: 0.31mg (1.56%), Iron: 0.25mg (1.39%)