



Fortune Cookies III

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



130 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 4 egg whites
- ☐ 1 cup flour all-purpose sifted
- ☐ 3 tablespoons heavy whipping cream
- ☐ 1 pinch salt
- ☐ 1 cup super sugar fine
- ☐ 5 tablespoons butter unsalted

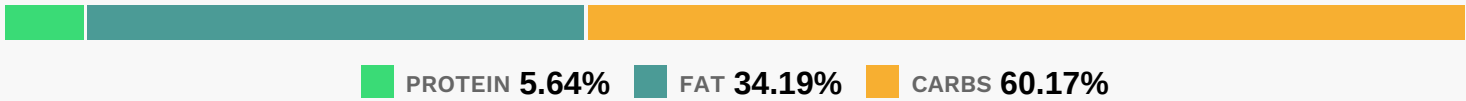
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ kitchen towels
- ☐ spatula

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Coat baking sheet with cooking spray.
- ☐ Melt butter in a small saucepan over low heat.
- ☐ In bowl of an electric mixer, combine egg whites and sugar; beat on medium speed for about 30 seconds.
- ☐ Add flour and salt; beat until mixed.
- ☐ Add butter, heavy cream and almond extract; beat until mixed.
- ☐ Pour 1 tablespoon batter onto half the baking sheet.
- ☐ Spread with a spoon into a thin 5 inch circle; repeat on other half of sheet.
- ☐ Bake until edges turn golden brown, about 8 minutes.
- ☐ Place baking sheet on a heat-resistant surface. Working quickly, slide a spatula under one cookie. Lift and place on a dish towel. Fold cookie in half, pinching at top to form loose semicircle. Insert index fingers into ends; press indentation into center of cookie while bending ends together to form shape of a fortune cookie. This should take about 10 seconds. Once the cookie hardens, you cannot fold it. Repeat with other cookies.
- ☐ Write your message on long strips of sturdy art paper, and thread through cooled cookie.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:13.91, Inflammation Score:-1, Nutrition Score:1.7391304407755%

Nutrients (% of daily need)

Calories: 130.25kcal (6.51%), Fat: 5.01g (7.7%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 19.59g (7.13%), Sugar: 13.51g (15.01%), Cholesterol: 13.42mg (4.47%), Sodium: 17.51mg (0.76%), Alcohol: 0.09g (100%), Alcohol %: 0.31% (100%), Protein: 1.86g (3.72%), Selenium: 4.64µg (6.63%), Vitamin B2: 0.09mg (5.08%), Vitamin B1: 0.07mg (4.44%), Folate: 15.83µg (3.96%), Vitamin A: 160.72IU (3.21%), Manganese: 0.06mg (2.95%), Vitamin B3: 0.51mg (2.53%), Iron: 0.4mg (2.24%), Phosphorus: 13.08mg (1.31%)