



## Fortune Cookies So Easy

 Vegetarian

READY IN



25 min.

SERVINGS



36

CALORIES



53 kcal

DESSERT

### Ingredients

- 0.3 teaspoon almond extract
- 0.5 cup butter cooled melted
- 3 egg whites
- 1 cup flour all-purpose
- 0.3 teaspoon vanilla extract
- 2 tablespoons water
- 0.8 cup sugar white

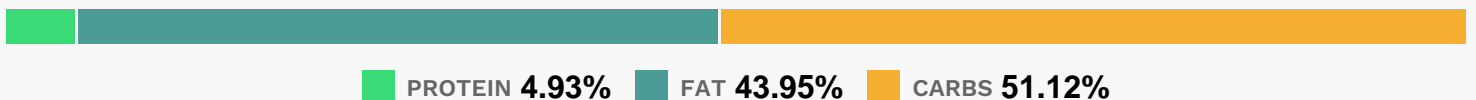
### Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer
- muffin tray

## Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets, or line with parchment paper. Have fortunes ready to go on small strips of paper.
- In a large glass or metal bowl, whip egg whites and sugar on high speed of an electric mixer until frothy, about 2 minutes. Reduce speed to low, and stir in melted butter, vanilla, almond extract, water and flour one at a time, mixing well after each. Consistency should resemble pancake batter. Spoon the batter into 3 inch circles on the prepared baking sheets. Leave room between for spreading.
- Bake for 5 to 7 minutes in the preheated oven, or until the edges begin to brown slightly. Quickly remove one at a time, place a message in the center, and fold in half. Fold the ends of the half together into a horse shoe shape. If they spring open, place them in a muffin tin to cool until set.

## Nutrition Facts



## Properties

Glycemic Index:5.42, Glycemic Load:4.83, Inflammation Score:-1, Nutrition Score:0.68217391747495%

## Nutrients (% of daily need)

Calories: 52.75kcal (2.64%), Fat: 2.61g (4.01%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 6.73g (2.45%), Sugar: 4.19g (4.66%), Cholesterol: 6.78mg (2.26%), Sodium: 24.58mg (1.07%), Alcohol: 0.02g (100%), Alcohol %: 0.17% (100%), Protein: 0.66g (1.32%), Selenium: 1.73µg (2.48%), Vitamin B1: 0.03mg (1.83%), Vitamin B2: 0.03mg (1.77%), Folate: 6.55µg (1.64%), Vitamin A: 78.79IU (1.58%), Manganese: 0.02mg (1.21%), Vitamin B3: 0.21mg (1.05%)