



## French Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



100

CALORIES



99 kcal

DESSERT

### Ingredients

- ☐ 0.1 teaspoon double-acting baking powder
- ☐ 2 cups brown sugar packed
- ☐ 2 cups butter melted
- ☐ 5 eggs separated
- ☐ 6.8 cups flour all-purpose
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

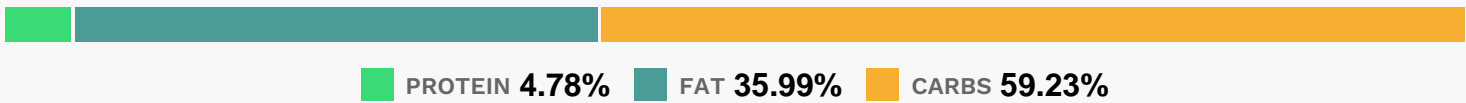
### Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ waffle iron

## Directions

- ☐ Beat egg yolks in a small mixing bowl until thick and lemon colored. Set aside. Beat egg whites (at room temperature) in a medium mixing bowl until foamy; set aside.
- ☐ Combine flour, sugar, and baking powder in a large mixing bowl; mix until well blended. Stir in butter, reserved egg yolks, and vanilla. Fold in egg whites, blending well. Cover and refrigerate overnight.
- ☐ Shape dough into 1-inch balls.
- ☐ Bake, a few at a time, in a preheated, lightly oiled waffle iron until golden brown. Cool on wire racks, and store in airtight containers.
- ☐ Note: Dough may be shaped into balls, frozen, and thawed to bake when desired.

## Nutrition Facts



## Properties

Glycemic Index:2.87, Glycemic Load:7.45, Inflammation Score:-1, Nutrition Score:1.5982608497143%

## Nutrients (% of daily need)

Calories: 98.65kcal (4.93%), Fat: 3.99g (6.13%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 14.54g (5.29%), Sugar: 8.3g (9.22%), Cholesterol: 17.94mg (5.98%), Sodium: 34.29mg (1.49%), Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Protein: 1.19g (2.39%), Selenium: 3.66µg (5.23%), Vitamin B1: 0.07mg (4.49%), Folate: 16.65µg (4.16%), Vitamin B2: 0.05mg (3.18%), Manganese: 0.06mg (3.06%), Iron: 0.46mg (2.58%), Vitamin B3: 0.51mg (2.53%), Vitamin A: 125.33IU (2.51%), Phosphorus: 14.85mg (1.48%)