



Fried Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



72

CALORIES



30 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons anise seed
- ☐ 2.5 tablespoons brandy
- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 2.5 tablespoons shortening
- ☐ 1 cup vegetable oil for frying

☐ 0.3 cup sugar white

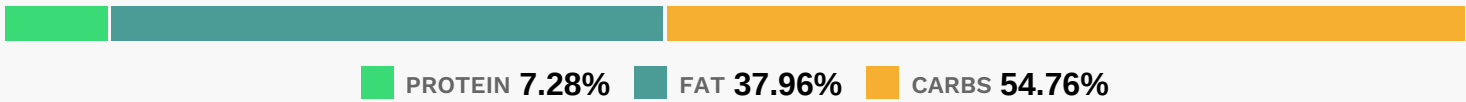
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a large bowl beat together eggs and sugar until thick and light colored. Then beat in shortening, brandy, anise seeds (optional) and salt. Beat in flour gradually.
- ☐ On a floured surface, knead dough into a smooth ball. Divide ball into two equal pieces, wrap in waxed paper and chill in refrigerator for at least two hours.
- ☐ Roll one piece of dough into a rectangle approximately 12 x 15 inches. (The other piece of dough should be left in refrigerator until ready to be rolled.) Using pastry wheel, cut dough into strips 6 x 1 inch.
- ☐ Make a vertical slit in top 1/3 of the strip and draw the bottom end of it through OR tie a knot in the center. Repeat with remaining dough and set aside.
- ☐ Heat oil in a deep frying pan to 360 degrees F (185 degrees C). Deep fry strips until golden brown.
- ☐ Drain on paper towels, cool, and sprinkle heavily with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:2.29, Glycemic Load:2.4, Inflammation Score:-1, Nutrition Score:0.68999999802074%

Nutrients (% of daily need)

Calories: 29.89kcal (1.49%), Fat: 1.21g (1.86%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.83g (1.39%), Sugar: 1.25g (1.39%), Cholesterol: 4.55mg (1.52%), Sodium: 9.93mg (0.43%), Alcohol: 0.17g (100%), Alcohol %: 2.2% (100%), Protein: 0.52g (1.04%), Selenium: 1.56µg (2.23%), Vitamin B1: 0.03mg (1.87%), Folate: 6.93µg (1.73%), Vitamin B2: 0.02mg (1.36%), Vitamin K: 1.36µg (1.3%), Manganese: 0.03mg (1.27%), Iron: 0.2mg (1.14%), Vitamin B3: 0.21mg (1.04%)