



Galletas de Anís (Anise Cookies)

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups all purpose flour sifted
- ☐ 0.3 teaspoon anise extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup confectioners' sugar sifted
- ☐ 1 tablespoon heavy cream
- ☐ 2 tablespoons milk as needed plus more
- ☐ 6 tablespoons sugar
- ☐ 1 tablespoon butter unsalted

- ☐ 1 eggs whole
- ☐ 1 yolk

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Position 1 rack in the upper third and 1 rack in the middle of an oven and preheat to 350°F. Line 2 baking sheets with parchment paper.In a large bowl, using an electric mixer, beat together the butter, sugar and anise on medium speed until smooth. Reduce the speed to low, add the flour and eggs. Beat just until blended.ith lightly floured hands, roll the dough into small balls and then place them about 2 inches apart on the prepared baking sheets.
- ☐ Bake until the edges of the cookies darken slightly, about 12 to 15 minutes.
- ☐ Transfer the baking sheets to wire racks and let the cookies cool for 5 minutes, then transfer the cookies to the racks and let cool completely.o make the glaze, mix the butter and the confectioners’ sugar until well incorporated.
- ☐ Add the anise, milk, and cream, and beat until smooth, adding more milk as needed. The glaze should be thick but pourable.Set the rack over a sheet of parchment paper. Using a spoon, drizzle the glaze over the cookies.
- ☐ Let stand at room temperature for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:9.49, Inflammation Score:-1, Nutrition Score:2.2791304485467%

Nutrients (% of daily need)

Calories: 97.32kcal (4.87%), Fat: 1.47g (2.26%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 18.97g (6.9%), Sugar: 9.6g (10.67%), Cholesterol: 20.44mg (6.81%), Sodium: 26.01mg (1.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Selenium: 5.53µg (7.9%), Vitamin B1: 0.1mg (6.77%), Folate: 25.27µg (6.32%), Vitamin B2: 0.08mg (4.83%), Manganese: 0.09mg (4.34%), Iron: 0.67mg (3.73%), Vitamin B3: 0.74mg (3.71%), Phosphorus: 27.87mg (2.79%), Calcium: 18.62mg (1.86%), Fiber: 0.34g (1.35%), Vitamin B5: 0.12mg (1.24%), Vitamin A: 55.81IU (1.12%), Copper: 0.02mg (1.06%)