

Gallets

☒ Vegetarian ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

72

CALORIES

calories

41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 2 tablespoons orange extract
- ☐ 0.8 cup vegetable oil
- ☐ 1.5 cups sugar white

Equipment

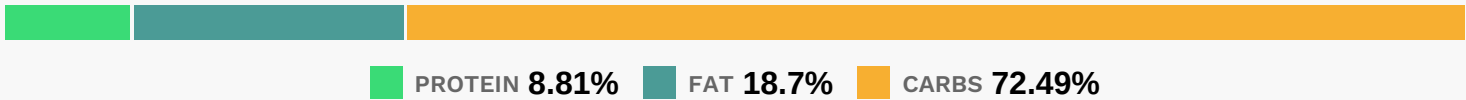
- ☐ bowl
- ☐ oven

☐ waffle iron

Directions

- ☐ Separate the eggs. Beat the egg whites until stiff peaks have formed.
- ☐ In a separate bowl beat the egg yolks until light and lemon colored. Beat in the sugar, oil, flour and orange extract. Beat for about 10 minutes then fold in the egg whites.
- ☐ On a preheated non-stick waffle iron drop teaspoons of batter. BAKE LIGHTLY.
- ☐ Transfer to racks to cool.
- ☐ Sprinkle with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:2.02, Glycemic Load:5.3, Inflammation Score:-1, Nutrition Score:0.98347825718963%

Nutrients (% of daily need)

Calories: 41.1kcal (2.05%), Fat: 0.86g (1.32%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 7.37g (2.68%), Sugar: 4.18g (4.65%), Cholesterol: 13.64mg (4.55%), Sodium: 5.34mg (0.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Selenium: 2.62µg (3.75%), Folate: 9.67µg (2.42%), Vitamin B1: 0.04mg (2.37%), Vitamin B2: 0.04mg (2.29%), Manganese: 0.03mg (1.54%), Iron: 0.27mg (1.49%), Vitamin B3: 0.26mg (1.29%), Phosphorus: 11.95mg (1.19%)