



Glazed Bohemian Anise Cookies

READY IN



110 min.

SERVINGS



30

CALORIES



125 kcal

DESSERT

Ingredients

- 1 serving you will also need: parchment paper
- 0.8 cup butter softened
- 0.5 cup sugar
- 1 eggs
- 1 teaspoon lemon zest grated
- 1.8 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon nutmeg

- 0.3 teaspoon pepper
- 1 teaspoon aniseed
- 2 tablespoons flour all-purpose
- 0.8 cup peppermint candies white
- 1 teaspoon cooking oil
- 0.3 teaspoon anise extract
- 0.3 cup almonds toasted chopped

Equipment

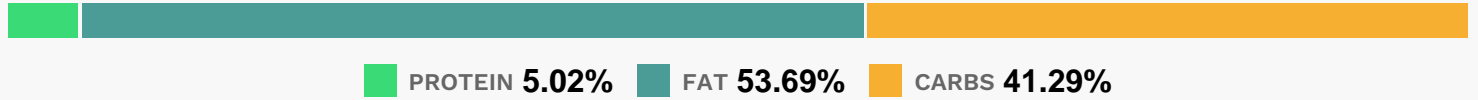
- bowl
- baking sheet
- baking paper
- oven
- wire rack
- hand mixer
- ziploc bags
- microwave

Directions

- Heat oven to 350°F. Line cookie sheet with Reynolds Parchment Paper; set aside. In large bowl, beat butter and sugar with electric mixer on medium speed until smooth. Beat in egg and lemon peel. Stir in 1 3/4 cups flour, the cinnamon, cloves, nutmeg, pepper and anise seed.
- Shape dough into 1 1/4-inch balls. On lined cookie sheet, place balls about 1 inch apart. Dip bottom of drinking glass in 2 tablespoons flour; press each ball until about 1/4 inch thick.
- Bake 11 to 14 minutes or until edges are light golden brown.
- Remove from cookie sheet to cooling rack. Cool 15 minutes.
- In a small microwavable bowl, microwave baking chips and oil on High 10 seconds; stir. Microwave in 10-second intervals until mixture can be stirred smooth. Stir in anise extract. Spoon into small resealable food-storage plastic bag; cut off tiny corner of bag. Squeeze bag to drizzle glaze over cookies. Immediately sprinkle with almonds.

Let stand until set, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:6.65, Inflammation Score:-1, Nutrition Score:1.9599999995983%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 124.87kcal (6.24%), Fat: 7.62g (11.73%), Saturated Fat: 4.79g (29.93%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 12.76g (4.64%), Sugar: 6.78g (7.53%), Cholesterol: 17.66mg (5.89%), Sodium: 42.71mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Manganese: 0.11mg (5.35%), Selenium: 3.23µg (4.62%), Vitamin B1: 0.06mg (4.34%), Folate: 15.71µg (3.93%), Vitamin B2: 0.06mg (3.64%), Vitamin E: 0.48mg (3.22%), Vitamin A: 150.33IU (3.01%), Iron: 0.47mg (2.61%), Vitamin B3: 0.51mg (2.56%), Phosphorus: 18.86mg (1.89%), Fiber: 0.43g (1.7%), Calcium: 16.88mg (1.69%), Magnesium: 5.49mg (1.37%), Copper: 0.03mg (1.31%)