



Golden Spritz Straws

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 lb butter at room temperature
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon coarse sugar

Equipment

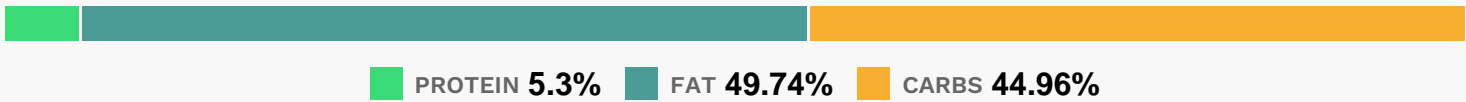
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ spatula

Directions

- ☐ In a bowl, with a mixer on high speed, beat butter and granulated sugar until creamy.
- ☐ Add egg; beat until well blended. Stir in flour, then beat until well blended.
- ☐ Scrape dough into a cookie press fitted with a rosette or star-shaped tip (1/2 in. across widest dimension). Press dough through tip in straight lines 6 to 8 inches long onto 12- by 15- inch baking sheets (you'll need two), spacing about 1 1/2 inches apart.
- ☐ Sprinkle spritz straws with coarse sugar.
- ☐ Bake in a 350 regular or 325 convection oven until straws are golden brown, 12 to 19 minutes, switching pan positions halfway through baking. With a wide spatula, transfer straws to racks to cool.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:10.76, Glycemic Load:7.06, Inflammation Score:-2, Nutrition Score:1.5682608605079%

Nutrients (% of daily need)

Calories: 87.92kcal (4.4%), Fat: 4.89g (7.52%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 9.74g (3.54%), Sugar: 3.96g (4.4%), Cholesterol: 9.3mg (3.1%), Sodium: 57.21mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.35%), Selenium: 3.44µg (4.91%), Vitamin A: 216.31IU (4.33%), Vitamin B1: 0.06mg (4.19%), Folate: 15.53µg (3.88%), Vitamin B2: 0.05mg (3.11%), Manganese: 0.05mg (2.71%), Vitamin B3: 0.46mg (2.32%), Iron: 0.41mg (2.27%), Phosphorus: 14.69mg (1.47%), Vitamin E: 0.21mg (1.38%)