



Grandmom Lucy's Orange Crispies

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 teaspoons orange extract
- ☐ 1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 1 cup sugar

Equipment

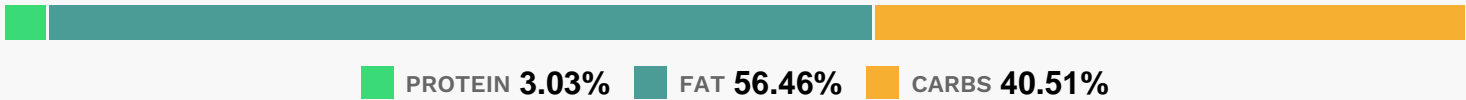
- ☐ baking sheet

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat 1 cup sugar and 1 cup shortening at low speed with an electric mixer until creamy.
- ☐ Add egg and orange extract, beating until blended. Gradually add flour and salt, beating dough until light and fluffy after each addition.
- ☐ Drop mixture by rounded teaspoonfuls, 2 inches apart, onto ungreased baking sheets.
- ☐ Bake at 375 for 10 minutes or just until edges begin to brown; remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:4.05, Inflammation Score:-1, Nutrition Score:0.65956522006056%

Nutrients (% of daily need)

Calories: 55.6kcal (2.78%), Fat: 3.54g (5.44%), Saturated Fat: 0.89g (5.53%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 5.63g (2.05%), Sugar: 3.34g (3.71%), Cholesterol: 3.1mg (1.03%), Sodium: 40.17mg (1.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Selenium: 1.34µg (1.91%), Vitamin K: 1.83µg (1.74%), Vitamin B1: 0.03mg (1.7%), Folate: 6.11µg (1.53%), Vitamin E: 0.22mg (1.47%), Vitamin B2: 0.02mg (1.17%), Manganese: 0.02mg (1.09%)