



## Greek Easter Cookies from Smyrna

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



140 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 2 cups butter
- 1 eggs
- 4 egg yolk
- 8 cups flour all-purpose sifted
- 0.5 cup milk
- 1 tablespoon orange zest
- 1.5 cups granulated sugar white

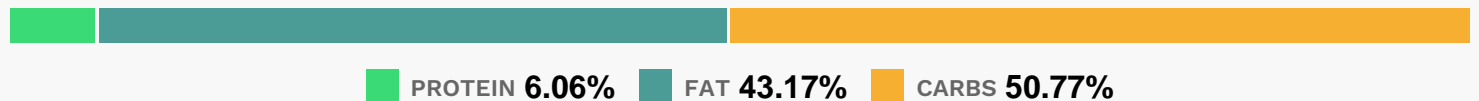
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Sift together flour and baking powder and set aside. In large bowl, cream together butter and sugar.
- Add 4 egg yolks one at a time, beating well after each one.
- Add milk and flour.
- Work with the hands until dough is smooth.
- Add grated orange rind. Dough should be stiff so add additional flour if needed.
- Break off small portions of dough and roll out into pencil-size strips about 11 inches long. Fold each strip into thirds, sideways, and press lightly together at ends.
- Place cookies on ungreased baking sheet.
- Brush tops with beaten egg.
- Bake at 350 degrees F (175 degrees C) for 18 to 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:5.42, Glycemic Load:12.76, Inflammation Score:-2, Nutrition Score:2.9965217385603%

## Nutrients (% of daily need)

Calories: 140.47kcal (7.02%), Fat: 6.77g (10.41%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 17.45g (6.34%), Sugar: 5.15g (5.72%), Cholesterol: 32.2mg (10.73%), Sodium: 65.56mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.27%), Selenium: 6.69µg (9.56%), Vitamin B1: 0.13mg (8.99%), Folate: 32.85µg (8.21%), Vitamin B2: 0.1mg (5.79%), Manganese: 0.11mg (5.74%), Vitamin B3: 0.99mg (4.96%), Iron: 0.84mg (4.66%), Vitamin A: 214.07IU (4.28%), Phosphorus: 30.94mg (3.09%), Fiber: 0.46g (1.84%), Calcium: 16.82mg (1.68%), Vitamin E: 0.23mg (1.5%), Vitamin B5: 0.14mg (1.37%), Copper: 0.03mg (1.3%), Zinc:

0.17mg (1.13%), Magnesium: 4.27mg (1.07%)