



Italian Anise Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



66 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds chopped
- ☐ 1.5 teaspoons aniseed
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 13.5 ounces flour all-purpose
- ☐ 1 cup sugar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and baking powder, stirring well with a whisk.
- ☐ Place sugar, eggs, and egg whites in a large bowl; beat with a mixer at high speed until light and fluffy. Beat in butter. Gradually add flour mixture, almonds, and aniseed, beating until well blended (dough will be sticky).
- ☐ Divide dough in half. Turn each half of dough out onto wax paper; shape each portion into an 8-inch roll. Wrap rolls in wax paper. Refrigerate for 1 hour or until firm.
- ☐ Preheat oven to 35
- ☐ Unwrap rolls, and place on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 30 minutes or until lightly browned.
- ☐ Remove rolls from baking sheet; cool 10 minutes on a wire rack.
- ☐ Cut each roll crosswise into 24 (3/8-inch) slices.
- ☐ Place slices on baking sheet.
- ☐ Bake at 350 for 5 minutes. Turn slices over, and bake an additional 5 minutes.
- ☐ Remove from baking sheet, and cool completely on wire rack.

Nutrition Facts



 **PROTEIN 9.4%**  **FAT 26.93%**  **CARBS 63.67%**

Properties

Glycemic Index:6.29, Glycemic Load:7.37, Inflammation Score:-1, Nutrition Score:1.9295652095714%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg 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: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 66.16kcal (3.31%), Fat: 2g (3.08%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 10.25g (3.73%), Sugar: 4.26g (4.74%), Cholesterol: 10.29mg (3.43%), Sodium: 30.74mg (1.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.15%), Selenium: 3.72µg (5.31%), Manganese: 0.09mg (4.54%), Vitamin B1: 0.07mg (4.45%), Vitamin B2: 0.07mg (4.31%), Folate: 16.32µg (4.08%), Vitamin E: 0.44mg (2.9%), Iron: 0.51mg (2.81%), Vitamin B3: 0.53mg (2.65%), Phosphorus: 24.32mg (2.43%), Calcium: 16.99mg (1.7%), Fiber: 0.41g (1.64%), Magnesium: 6.35mg (1.59%), Copper: 0.03mg (1.48%)