

Italian Anise Toast

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



69 kcal

BREAD

Ingredients

- 1 teaspoon anise seed
- 2 eggs
- 1 cup flour all-purpose
- 0.7 cup sugar white

Equipment

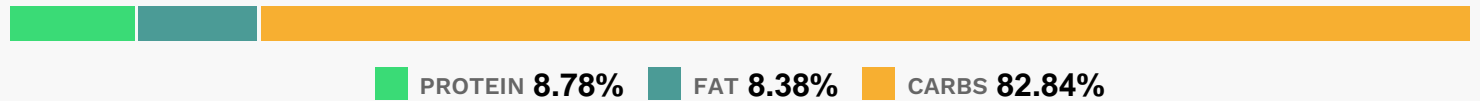
- frying pan
- baking sheet
- oven

- loaf pan
- toothpicks

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease and flour on 3 9x5x3 inch loaf pan.
- Beat the eggs and sugar thoroughly add the anise seed then mix in the flour. Scrape dough into the prepared pan (pan will only be about 1/2 full).
- Bake at 375 degrees F (190 degrees) for about 20 minutes or until a toothpick inserted in the center comes out clean.
- Remove from pan and slice into 16 slices about 1/2 inch thick each.
- Place sliced cookies on a baking sheet and bake for 5 minutes until bottom is browned, turn and bake for another 5 minutes until the other side is browned. Enjoy!

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:10.13, Inflammation Score:-1, Nutrition Score:1.6321739181066%

Nutrients (% of daily need)

Calories: 68.81kcal (3.44%), Fat: 0.65g (0.99%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 14.13g (5.14%), Sugar: 8.36g (9.29%), Cholesterol: 20.46mg (6.82%), Sodium: 8.07mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Selenium: 4.39µg (6.28%), Vitamin B1: 0.06mg (4.26%), Folate: 16.89µg (4.22%), Vitamin B2: 0.07mg (3.86%), Manganese: 0.06mg (2.9%), Iron: 0.51mg (2.83%), Vitamin B3: 0.47mg (2.35%), Phosphorus: 19.88mg (1.99%), Vitamin B5: 0.12mg (1.2%)