

Italian Anisette Cookies



Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



99 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon anise extract
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- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup confectioners' sugar
- ☐ 2 eggs
- ☐ 4 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.8 cup vegetable oil

- ☐ 2 tablespoons water hot
- ☐ 1 cup sugar white

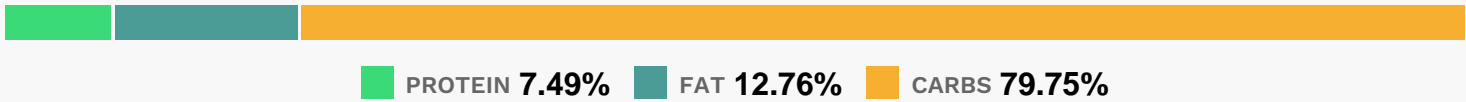
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In large bowl, mix flour, baking powder and white sugar. Make a well in the center and add oil, milk, 1 tablespoon anise extract, and eggs.
- ☐ Mix together until dough is sticky.
- ☐ Oil fingers and pinch off dough in 1 inch pieces.
- ☐ Roll into a ball and place on a lightly greased cookie sheet, 1 inch apart, flatten top slightly.
- ☐ Bake for 8 minutes. Dip cookies in Icing while warm.
- ☐ To Make Icing: Blend in 1 teaspoon anise extract and enough hot water to 1 cup confectioner's sugar to form a smooth icing.

Nutrition Facts



Properties

Glycemic Index:7.64, Glycemic Load:11.69, Inflammation Score:-1, Nutrition Score:2.4717391444289%

Nutrients (% of daily need)

Calories: 98.65kcal (4.93%), Fat: 1.4g (2.16%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 19.35g (7.04%), Sugar: 9.01g (10.02%), Cholesterol: 9.5mg (3.17%), Sodium: 40.53mg (1.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Selenium: 5.58µg (7.97%), Vitamin B1: 0.11mg (7.46%), Folate: 26.57µg (6.64%), Vitamin B2: 0.09mg (5.07%), Manganese: 0.1mg (4.8%), Vitamin B3: 0.83mg (4.13%), Iron: 0.73mg (4.05%), Phosphorus: 30.57mg (3.06%), Calcium: 27.32mg (2.73%), Vitamin K: 1.73µg (1.65%), Fiber: 0.38g (1.5%), Copper: 0.02mg (1.13%), Vitamin B5: 0.11mg (1.11%)