



## Italian Cookies I



Vegetarian



Popular

READY IN



35 min.

SERVINGS



36

CALORIES



77 kcal

DESSERT

### Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup sugar white

### Equipment

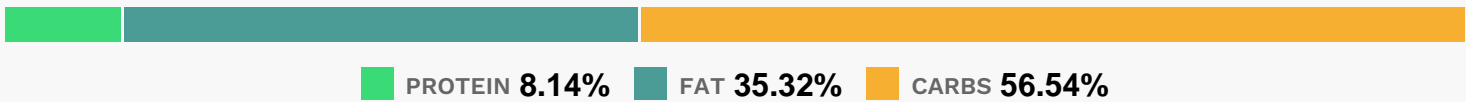
- ☐ bowl

- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a large bowl, cream together the butter and sugar until smooth.
- ☐ Mix in the egg and vanilla.
- ☐ Combine the flour and baking powder; stir into the creamed mixture until blended. Divide dough into walnut sized portions.
- ☐ Roll each piece into a rope and then shape into a loop.
- ☐ Place cookies 2 inches apart on the prepared cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven, until firm and golden at the edges.

## Nutrition Facts



## Properties

Glycemic Index:7.97, Glycemic Load:7.78, Inflammation Score:-1, Nutrition Score:2.0213043301002%

## Nutrients (% of daily need)

Calories: 77.28kcal (3.86%), Fat: 3.02g (4.64%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 10.58g (3.85%), Sugar: 2.84g (3.16%), Cholesterol: 20.42mg (6.81%), Sodium: 61.07mg (2.66%), Alcohol: 0.08g (100%), Alcohol %: 0.47% (100%), Protein: 1.57g (3.13%), Selenium: 4.71µg (6.72%), Vitamin B1: 0.08mg (5.56%), Folate: 20.88µg (5.22%), Vitamin B2: 0.07mg (4.12%), Manganese: 0.07mg (3.64%), Iron: 0.59mg (3.26%), Vitamin B3: 0.62mg (3.1%), Phosphorus: 26.58mg (2.66%), Calcium: 24.01mg (2.4%), Vitamin A: 98.59IU (1.97%), Fiber: 0.28g (1.13%), Vitamin B5: 0.11mg (1.05%)