



## Italian Easter Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



48

CALORIES



119 kcal

DESSERT

### Ingredients

- 1 teaspoon almond extract
- 5 teaspoons double-acting baking powder
- 0.5 cup butter softened
- 4 cups confectioners' sugar
- 3 eggs
- 3.8 cups flour all-purpose
- 3 tablespoons milk
- 1 teaspoon vanilla extract

- 0.3 cup vegetable oil
- 0.8 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 1/2 cup butter and white sugar until light and fluffy. Beat in the eggs one at a time, then stir in 1 teaspoon vanilla and 1 teaspoon almond extract, 1/4 cup milk and oil.
- Combine the flour and baking powder, stir into the wet mixture.
- Roll dough into 1 inch balls. On a lightly floured surface, roll the balls out into ropes about 5 inches long. Tie into loose knots and place cookies 1 inch apart onto the prepared cookie sheets.
- Bake for 5 minutes on the bottom shelf and 5 minutes on the top shelf of the preheated oven, until the bottoms of the cookies are golden brown. When cookies are cool, dip them into the icing.
- To make the icing, cream together the confectioners' sugar, 1/2 cup butter, and 1 teaspoon vanilla and 1 teaspoon almond extracts. Beat in 3 tablespoons milk, one tablespoon at a time, then stir in the food coloring if desired.

## Nutrition Facts



## Properties

Glycemic Index:6.77, Glycemic Load:7.7, Inflammation Score:-1, Nutrition Score:2.0069565332454%

## Nutrients (% of daily need)

Calories: 118.67kcal (5.93%), Fat: 3.45g (5.31%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 20.75g (6.92%), Net Carbohydrates: 20.48g (7.45%), Sugar: 13g (14.45%), Cholesterol: 15.43mg (5.14%), Sodium: 64.07mg (2.79%), Alcohol: 0.06g (100%), Alcohol %: 0.24% (100%), Protein: 1.41g (2.81%), Selenium: 4.28µg (6.11%), Vitamin B1: 0.08mg (5.23%), Folate: 19.23µg (4.81%), Vitamin B2: 0.07mg (3.86%), Manganese: 0.07mg (3.42%), Iron: 0.56mg (3.09%), Calcium: 29.36mg (2.94%), Vitamin B3: 0.58mg (2.91%), Phosphorus: 26.65mg (2.66%), Vitamin K: 2.29µg (2.18%), Vitamin A: 75.46IU (1.51%), Vitamin E: 0.18mg (1.22%), Fiber: 0.26g (1.06%)