



## Italian Holiday Cookies

 Dairy Free

READY IN



25 min.

SERVINGS



100

CALORIES



27 kcal

DESSERT

### Ingredients

- 1 serving cooking oil for deep-fat frying
- 1 tablespoon sugar
- 1 teaspoon lemon zest grated
- 1 teaspoon vanilla extract
- 0.5 teaspoon salt
- 4 large eggs room temperature
- 2.5 cups flour all-purpose
- 1 cup honey

1 serving sprinkles

## Equipment

bowl

frying pan

paper towels

knife

slotted spoon

kitchen scissors

## Directions

In an electric skillet or deep-fat fryer, heat oil to 350°. In a bowl, combine sugar, lemon zest, vanilla and salt.

Add eggs and 2 cups flour; mix well. Turn onto a floured surface and knead in remaining flour (dough will be soft).

With a floured knife or scissors, cut into 20 pieces. With hands, roll each piece into pencil shapes.

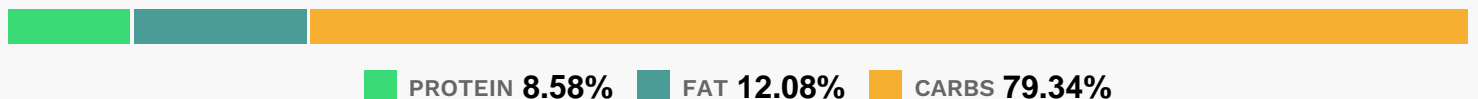
Cut "pencils" into 1/2-in. pieces. Fry pieces, a few at a time, until golden brown, 2 minutes per side.

Drain on paper towels.

Place in a large bowl.

Heat honey to boiling; pour over cookies and mix well. With a slotted spoon, spoon onto a serving platter and slowly mound into a tree shape if desired. Decorate with candy sprinkles. Cool completely.

## Nutrition Facts



## Properties

Glycemic Index:1.97, Glycemic Load:3.27, Inflammation Score:-1, Nutrition Score:0.65782609274206%

## Nutrients (% of daily need)

Calories: 26.79kcal (1.34%), Fat: 0.37g (0.56%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 5.32g (1.93%), Sugar: 3.02g (3.35%), Cholesterol: 7.44mg (2.48%), Sodium: 14.67mg (0.64%), Alcohol: 0.01g (100%), Alcohol %: 0.19% (100%), Protein: 0.59g (1.17%), Selenium: 1.7µg (2.43%), Vitamin B1: 0.03mg (1.69%), Folate: 6.73µg (1.68%), Vitamin B2: 0.03mg (1.53%), Manganese: 0.02mg (1.24%), Iron: 0.19mg (1.08%)