



Italian Teething Cookies

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



85 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 cups powdered sugar
- 3 eggs
- 2 cups flour all-purpose

Equipment

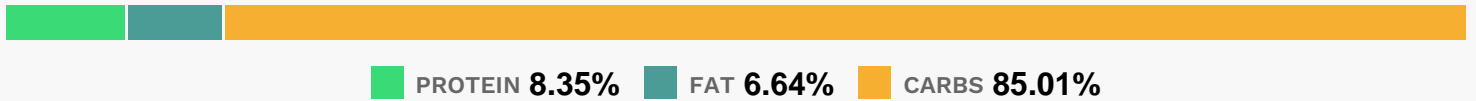
- bowl
- baking sheet
- oven

hand mixer

Directions

- In a medium bowl, whip the eggs and sugar with an electric mixer at high speed.
- Mix for 6 to 10 minutes, until mixture is thick and pale.
- Combine the flour and baking powder together. Gradually add the flour to the egg mixture. If the dough is still sticky, you can add more flour.
- On a lightly floured surface, roll the dough into long log shapes, about 1 1/2 inches in diameter, and as long as your cookie sheet. Cover with a clean towel, and let them sit out overnight.
- Preheat oven to 375 degrees F (190 degrees C).
- Remove the rolls of dough from the cookie sheets and place them on a lightly floured surface.
- Cut into 1 1/2 inch long pieces. And return them to the baking sheets.
- Bake for 15 to 20 minutes in the preheated oven, until they are a light brown.
- Remove from baking sheets to cool on wire racks. These cookies can be stored for a month in an airtight container.

Nutrition Facts



Properties

Glycemic Index:6.96, Glycemic Load:5.79, Inflammation Score:-1, Nutrition Score:2.0130434549697%

Nutrients (% of daily need)

Calories: 84.77kcal (4.24%), Fat: 0.63g (0.96%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 17.73g (6.45%), Sugar: 9.83g (10.92%), Cholesterol: 20.46mg (6.82%), Sodium: 25.89mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Selenium: 5.28µg (7.54%), Vitamin B1: 0.08mg (5.6%), Folate: 21.65µg (5.41%), Vitamin B2: 0.08mg (4.62%), Manganese: 0.07mg (3.65%), Iron: 0.6mg (3.36%), Vitamin B3: 0.62mg (3.1%), Phosphorus: 25.79mg (2.58%), Calcium: 14.54mg (1.45%), Vitamin B5: 0.13mg (1.3%), Fiber: 0.28g (1.13%)