



Kathy's Italian Cookies



Vegetarian



Popular

READY IN



45 min.

SERVINGS



36

CALORIES



118 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.8 cup butter
- ☐ 2.5 cups confectioners' sugar
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

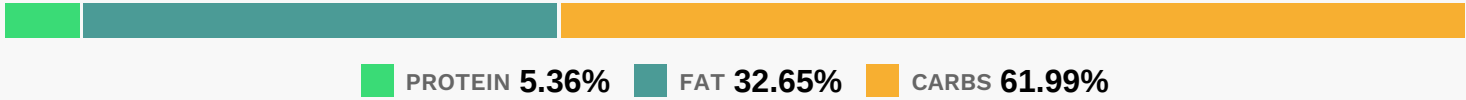
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cream margarine or butter and sugar thoroughly; add eggs, vanilla, and 2 tablespoons of orange juice.
- ☐ Combine flour and baking powder and gradually add to creamed mixture.
- ☐ Knead dough on lightly floured board for about 5 minutes. Using tablespoonfuls of dough, roll in 6-inch lengths; press ends together to form rings.
- ☐ Let stand on ungreased cookie sheets at room temperature for 15 minutes.
- ☐ Bake 350 degrees F (180 degrees C) for 15–17 minutes or until lightly golden.
- ☐ Combine 2 1/2 cups confectioner's sugar with enough orange juice to make a thin glaze. Dip each hot cookie into glaze; cool on racks. Decorate with confetti sprinkles, if desired.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:7.18, Inflammation Score:-1, Nutrition Score:2.1321739010189%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 117.54kcal (5.88%), Fat: 4.29g (6.61%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 18.06g (6.57%), Sugar: 10.14g (11.26%), Cholesterol: 23.81mg (7.94%), Sodium: 71.36mg (3.1%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 1.58g (3.17%), Selenium: 4.77µg (6.81%), Vitamin B1: 0.08mg (5.62%), Folate: 21.21µg (5.3%), Vitamin B2: 0.07mg (4.24%), Manganese: 0.07mg (3.65%), Iron: 0.59mg (3.3%), Vitamin B3: 0.62mg (3.12%), Vitamin A: 139.87IU (2.8%), Phosphorus: 27.12mg (2.71%), Calcium: 24.56mg (2.46%), Fiber: 0.28g (1.14%), Vitamin B5: 0.11mg (1.09%), Vitamin E: 0.15mg (1.03%)