



## Kourambiathes (Greek Cookies)

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons anise extract
- 1 cup butter
- 0.3 cup confectioners' sugar
- 1 egg yolk
- 2.5 cups flour all-purpose

### Equipment

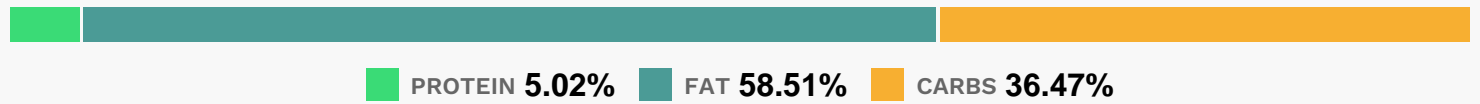
- bowl
- baking sheet

oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a medium bowl, cream the butter, egg yolk and anise extract until light. Stir in the 1/4 cup confectioners' sugar and flour until blended.
- Shape dough into crescents and place 2 inches apart on the prepared baking sheets.
- Bake for 15 to 20 minutes in the preheated oven. Dust heavily with confectioners' sugar before they are completely cool.

## Nutrition Facts



## Properties

Glycemic Index:5.21, Glycemic Load:7.19, Inflammation Score:-2, Nutrition Score:2.2839130383471%

## Nutrients (% of daily need)

Calories: 122.49kcal (6.12%), Fat: 8g (12.3%), Saturated Fat: 4.95g (30.96%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 10.86g (3.95%), Sugar: 1.27g (1.41%), Cholesterol: 28.44mg (9.48%), Sodium: 61.46mg (2.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Selenium: 4.94µg (7.05%), Vitamin B1: 0.1mg (6.93%), Folate: 25.21µg (6.3%), Vitamin A: 247.18IU (4.94%), Manganese: 0.09mg (4.46%), Vitamin B2: 0.07mg (4.22%), Vitamin B3: 0.77mg (3.86%), Iron: 0.63mg (3.48%), Phosphorus: 19.26mg (1.93%), Vitamin E: 0.25mg (1.64%), Fiber: 0.35g (1.41%)