

# Lebanese Easter Cookies

 Vegetarian

READY IN



610 min.

SERVINGS



60

CALORIES



288 kcal

DESSERT

## Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 0.3 cup sesame seed black
- ☐ 1.5 pounds butter
- ☐ 8 cups flour all-purpose
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon nutmeg freshly grated

- ☐ 0.3 cup orange-flower water
- ☐ 0.3 cup rosewater
- ☐ 9 cups semolina flour
- ☐ 1 cup water
- ☐ 1 cup warm water
- ☐ 4 cups sugar white
- ☐ 1.5 tablespoons rise yeast quick
- ☐ 1 teaspoon ground mahleb
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## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap

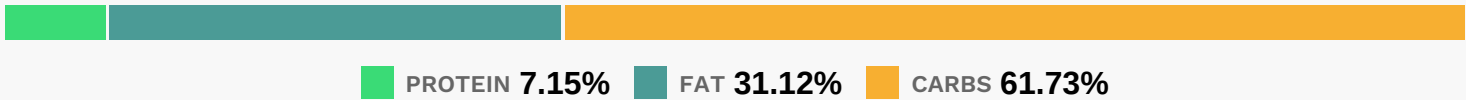
## Directions

- ☐ In a small saucepan, melt butter over low heat. Stir in sugar and water; continue stirring to dissolve sugar. Do not boil.
- ☐ Remove from heat and let cool slightly.
- ☐ Measure flours into a large bowl.
- ☐ Add melted butter, yeast, spices, and sesame seeds; stir slowly for about 10 minutes to thoroughly blend ingredients. Cover the bowl with plastic wrap and leave dough in bowl to rest for 1 hour.
- ☐ Prepare 3 baking sheets with cooking spray or parchment paper. In a small bowl, pour the rose water and orange flower water.
- ☐ Pour the warm water in to a second small bowl. Working on a floured board, pull off about 1 cup of dough. Dip your fingers first in the warm water and knead the dough a few minutes;

then dip the dough in the flower water and knead it again until the dough is soft and pliable.

- ☐ Use the palm of your hand to roll the ball of dough into a rope 12 inches long and 1 inch in diameter.
- ☐ Cut the rope in half and make a wreath-shaped cookie with each one, pinching the ends together.
- ☐ Place on a baking sheet. When you have filled a baking sheet, cover the cookies with a clean towel and refrigerate overnight to rest the dough.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Remove baking sheets from the refrigerator to warm up while the oven preheats.
- ☐ Bake cookies in the preheated oven until golden brown, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.32, Glycemic Load:27.92, Inflammation Score:-4, Nutrition Score:7.8121738334227%

## Nutrients (% of daily need)

Calories: 288.24kcal (14.41%), Fat: 10g (15.38%), Saturated Fat: 5.94g (37.14%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 43.05g (15.65%), Sugar: 13.37g (14.85%), Cholesterol: 24.38mg (8.13%), Sodium: 74.22mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Selenium: 28.6µg (40.85%), Vitamin B1: 0.35mg (23.46%), Folate: 79.93µg (19.98%), Manganese: 0.31mg (15.37%), Vitamin B2: 0.24mg (14.02%), Vitamin B3: 2.57mg (12.84%), Iron: 1.98mg (11.02%), Fiber: 1.57g (6.27%), Phosphorus: 59.68mg (5.97%), Vitamin A: 283.67IU (5.67%), Copper: 0.1mg (5.01%), Magnesium: 18.22mg (4.55%), Zinc: 0.45mg (3.02%), Vitamin B5: 0.25mg (2.46%), Vitamin E: 0.34mg (2.28%), Potassium: 72.31mg (2.07%), Vitamin B6: 0.04mg (2.01%), Calcium: 16.64mg (1.66%)