



Listy I

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons confectioners' sugar
- 1 cup egg white
- 3 egg yolks
- 1.5 cups flour all-purpose
- 0.3 teaspoon salt
- 1 cup vegetable oil for frying
- 2 teaspoons whipping cream light
- 2 tablespoons sugar white

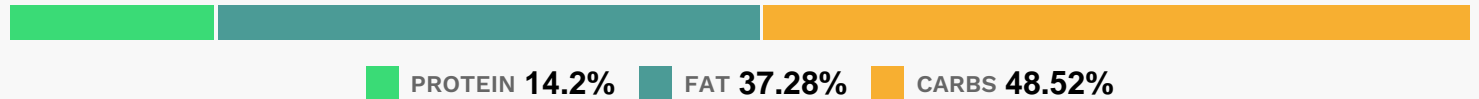
Equipment

- paper towels
- pot

Directions

- Mix together egg yolks, egg white, salt, sugar and cream. Gradually stir in flour until dough becomes stiff enough to roll out.
- Roll out paper thin and cut into triangles. (Grandma would cut a slit in the middle of each and twist a corner through the slit to make them look fancier.)
- Put enough oil in a pot to cover cookie.
- Heat oil until a small amount of dough placed in oil begins to fry. Deep fry each cookie in hot oil until light brown.
- Remove cookie from oil and drain excess oil on paper towels.
- Sprinkle with confectioner's sugar.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:5.01, Inflammation Score:-1, Nutrition Score:1.9952173958654%

Nutrients (% of daily need)

Calories: 64.87kcal (3.24%), Fat: 2.66g (4.09%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 7.58g (2.76%), Sugar: 1.77g (1.96%), Cholesterol: 24.77mg (8.26%), Sodium: 42.4mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Selenium: 5.96µg (8.51%), Vitamin B2: 0.1mg (5.65%), Folate: 18µg (4.5%), Vitamin B1: 0.07mg (4.39%), Vitamin K: 3.39µg (3.23%), Manganese: 0.06mg (2.79%), Iron: 0.43mg (2.41%), Vitamin B3: 0.47mg (2.36%), Phosphorus: 18.97mg (1.9%), Vitamin E: 0.22mg (1.43%), Vitamin B5: 0.12mg (1.22%)