



## Listy III

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons confectioners' sugar
- 1 eggs
- 1 egg white
- 3 egg yolks
- 1.5 cups flour all-purpose
- 0.5 cup fruit preserves
- 1 teaspoon heavy whipping cream
- 0.3 teaspoon salt

4 cups vegetable oil for frying

2 tablespoons sugar white

## Equipment

paper towels

## Directions

Mix together one egg, three egg yolks, sugar, cream and salt. Gradually stir in flour until dough becomes stiff enough to roll.

Roll very thin but cut into small circles (2–3 inches diameter).

Cut small slits (about 1/4 to 1/2 inch) at 12:00, 3:00, 6:00, and 9:00 positions. Paste three circles together in center using egg white.

Fry cookies in hot oil – sides will curl up like a rose. After draining on paper towels, place a small amount of red jelly in the center of each rose and sprinkle with confectioners' sugar.

## Nutrition Facts

 **PROTEIN 5.48%** **FAT 64.81%** **CARBS 29.71%**

## Properties

Glycemic Index:6.05, Glycemic Load:5.01, Inflammation Score:-1, Nutrition Score:2.5056521711142%

## Nutrients (% of daily need)

Calories: 113.16kcal (5.66%), Fat: 8.2g (12.61%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 8.17g (2.97%), Sugar: 2.26g (2.51%), Cholesterol: 31.36mg (10.45%), Sodium: 30.46mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin K: 13.64µg (12.99%), Selenium: 4.74µg (6.77%), Folate: 18.6µg (4.65%), Vitamin E: 0.68mg (4.52%), Vitamin B1: 0.07mg (4.45%), Vitamin B2: 0.07mg (3.9%), Manganese: 0.06mg (2.83%), Iron: 0.48mg (2.64%), Vitamin B3: 0.48mg (2.42%), Phosphorus: 21.74mg (2.17%), Vitamin B5: 0.13mg (1.35%), Vitamin A: 60.32IU (1.21%), Fiber: 0.29g (1.16%), Vitamin D: 0.16µg (1.08%), Vitamin B12: 0.06µg (1.03%)