



## Mexican Sugar Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



345 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon anise seed
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 tablespoon cream of tartar
- ☐ 2 eggs
- ☐ 6 cups flour all-purpose
- ☐ 3 tablespoons ground cinnamon
- ☐ 0.3 cup orange juice
- ☐ 0.5 teaspoon salt

- ☐ 2.5 cups shortening
- ☐ 1 cup sugar white

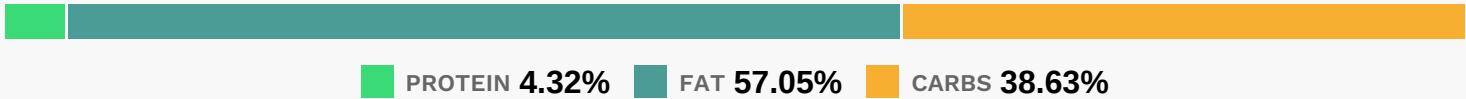
## Equipment

- ☐ oven
- ☐ cookie cutter

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat shortening until light and fluffy.
- ☐ Add one cup sugar, and anise seed.
- ☐ Mix until creamy.
- ☐ Add eggs and mix well.
- ☐ Add flour, baking power, cream of tartar, salt and orange juice.
- ☐ Mix well.
- ☐ Knead dough until smooth. On lightly floured surface, roll to 1/2 inch thick.
- ☐ Cut using cookie cutter into different shapes.
- ☐ Bake until light brown, 5 – 8 minutes.
- ☐ Roll cookies in mixture of 1 cup sugar and 3 tablespoons of cinnamon while still warm.

## Nutrition Facts



## Properties

Glycemic Index:12.46, Glycemic Load:23.35, Inflammation Score:-2, Nutrition Score:6.5717392226924%

## Flavonoids

Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 344.82kcal (17.24%), Fat: 22.07g (33.95%), Saturated Fat: 5.51g (34.41%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 32.22g (11.72%), Sugar: 8.65g (9.61%), Cholesterol: 13.64mg (4.55%), Sodium: 108.52mg (4.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Manganese: 0.39mg (19.61%), Vitamin B1: 0.25mg (16.93%), Selenium: 11.81µg (16.87%), Folate: 59.75µg (14.94%), Vitamin K: 11.78µg (11.22%), Vitamin B2: 0.17mg (10.24%), Iron: 1.72mg (9.55%), Vitamin B3: 1.87mg (9.37%), Vitamin E: 1.39mg (9.27%), Fiber: 1.39g (5.57%), Phosphorus: 53.43mg (5.34%), Calcium: 47.31mg (4.73%), Vitamin B5: 0.35mg (3.47%), Potassium: 100.28mg (2.87%), Copper: 0.05mg (2.71%), Magnesium: 8.48mg (2.12%), Zinc: 0.29mg (1.95%), Vitamin C: 1.35mg (1.63%), Vitamin B6: 0.02mg (1.17%)