



## Moroccan Tea Biscuits

 Vegetarian

READY IN



180 min.

SERVINGS



40

CALORIES



95 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon almond extract pure
- ☐ 2 teaspoons aniseed
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 large water with 1 tablespoon water for egg wash beaten
- ☐ 3 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 2 tablespoons orange-flower water
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sesame seed    cooled divided toasted
- ☐ 1 cup sugar
- ☐ 1 stick butter    unsalted melted
- ☐ 1 teaspoon vanilla extract    pure
- ☐ 0.8 cup almonds    whole cooled toasted coarsely chopped

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ spatula
- ☐ serrated knife

## Directions

- ☐ Stir together sugar, butter, almonds, orange-flower water, anise seeds, extracts, and 1/4 cup sesame seeds in a large bowl.
- ☐ Add eggs and stir until well combined. Stir in flour, baking powder, and salt until just combined. Chill dough, covered, 1 hour.
- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Using moistened hands, halve dough and form 2 (11- by 3-inch) loaves on an ungreased baking sheet.
- ☐ Brush with enough egg wash to coat, then sprinkle with remaining tablespoon sesame seeds.
- ☐ Bake until pale golden, about 30 minutes. Loosen from baking sheet with a spatula, then transfer loaves to a rack and cool 15 minutes. (Leave oven on.)
- ☐ Cut warm loaves into 3/4-inch slices with a serrated knife and arrange biscuits, with a cut side down, on a clean baking sheet.
- ☐ Bake until golden, 20 to 25 minutes.
- ☐ Transfer to rack to cool completely.
- ☐ Biscuits keep in an airtight container at room temperature 3 weeks.

## Nutrition Facts

PROTEIN 8.5% FAT 42.4% CARBS 49.1%

Properties

Glycemic Index:7.18, Glycemic Load:7.91, Inflammation Score:-2, Nutrition Score:2.8739130444339%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 95.05kcal (4.75%), Fat: 4.56g (7.02%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 11.21g (4.08%), Sugar: 5.17g (5.74%), Cholesterol: 20.02mg (6.67%), Sodium: 36.46mg (1.59%), Alcohol: 0.05g (100%), Alcohol %: 0.26% (100%), Protein: 2.06g (4.11%), Manganese: 0.14mg (7.08%), Selenium: 4.3µg (6.14%), Vitamin B2: 0.09mg (5.35%), Vitamin E: 0.8mg (5.32%), Vitamin B1: 0.08mg (5.08%), Folate: 18.24µg (4.56%), Copper: 0.08mg (4.09%), Iron: 0.72mg (4%), Phosphorus: 39.07mg (3.91%), Magnesium: 12.99mg (3.25%), Vitamin B3: 0.61mg (3.04%), Calcium: 29.85mg (2.99%), Fiber: 0.67g (2.69%), Vitamin A: 91.27IU (1.83%), Zinc: 0.27mg (1.79%), Potassium: 40.05mg (1.14%), Vitamin B5: 0.11mg (1.09%), Vitamin B6: 0.02mg (1.08%)