

Oil Cookies

 Vegetarian

READY IN



180 min.

SERVINGS



72

CALORIES



67 kcal

DESSERT

Ingredients

- 2 tablespoons double-acting baking powder
- 6 eggs
- 0.8 cup evaporated milk
- 6 cups flour all-purpose
- 2 tablespoons vanilla extract
- 1 cup vegetable oil
- 1.3 cups sugar white

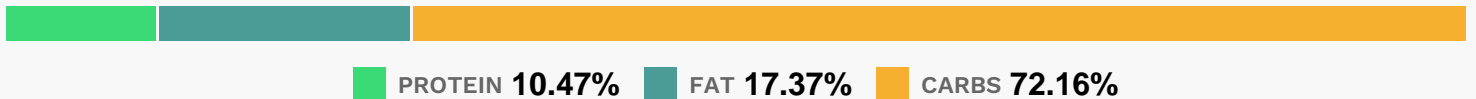
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a large bowl, beat the eggs, evaporated milk, oil and vanilla until well blended.
- Mix in the sugar and baking powder. Stir in the flour 1 cup at a time until the dough becomes too stiff to stir. Turn out onto a clean surface and knead in as much of the remaining flour as possible. Dough should be smooth and not sticky. Keep the dough covered with a towel while pinching off tablespoon sized pieces of dough and rolling them into small ropes 6 inches long and 1/4 inch in diameter. Tie ropes into loose knots and place them 2 inches apart onto the prepared cookie sheets. The cookies will almost triple in size while baking.
- Bake for 10 to 12 minutes in the preheated oven, until light brown on the bottom.
- Remove from cookie sheets to cool on wire racks. When cool, glaze with a mixture of confectioners' sugar and water, if desired.

Nutrition Facts



Properties

Glycemic Index:3.29, Glycemic Load:8.26, Inflammation Score:-1, Nutrition Score:2.0986956485912%

Nutrients (% of daily need)

Calories: 66.64kcal (3.33%), Fat: 1.27g (1.95%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 11.55g (4.2%), Sugar: 3.82g (4.24%), Cholesterol: 14.4mg (4.8%), Sodium: 43.6mg (1.9%), Alcohol: 0.12g (100%), Alcohol %: 0.66% (100%), Protein: 1.72g (3.43%), Selenium: 4.74µg (6.77%), Vitamin B1: 0.08mg (5.63%), Folate: 21µg (5.25%), Vitamin B2: 0.08mg (4.56%), Manganese: 0.07mg (3.66%), Iron: 0.59mg (3.29%), Vitamin B3: 0.62mg (3.12%), Phosphorus: 31.16mg (3.12%), Calcium: 30.13mg (3.01%), Vitamin B5: 0.12mg (1.19%), Fiber: 0.28g (1.13%), Vitamin K: 1.17µg (1.12%)