



Orange-Anise Bizcochitos

 Dairy Free

READY IN



45 min.

SERVINGS



84

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 tablespoons anise seeds crushed (see note preceding)
- 1 teaspoon double-acting baking powder
- 1 large eggs
- 2.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 cup orange juice
- 1 tablespoon orange peel grated
- 0.3 teaspoon salt

- 0.8 cup solid vegetable shortening at room temperature
- 1 cup sugar

Equipment

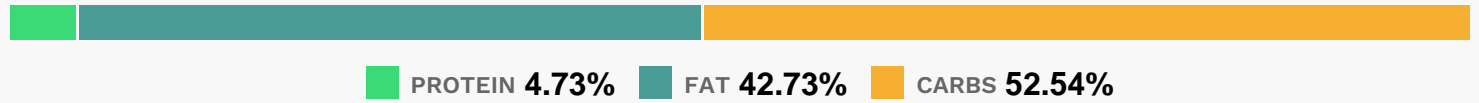
- bowl
- baking sheet
- oven
- blender
- plastic wrap
- cookie cutter
- spatula
- rolling pin

Directions

- In a large bowl, with a mixer on medium speed, beat shortening and 3/4 cup sugar until smooth.
- Add egg, orange peel, and orange juice and beat just until combined.
- In a medium bowl, mix 2 1/2 cups flour, anise seeds, baking powder, and salt.
- Add to shortening mixture, stir to mix, then beat until well blended. Divide dough in half and flatten each half into a disk. Wrap each disk tightly in plastic wrap and freeze until firm, about 30 minutes.
- Unwrap dough. On a lightly floured surface, with a floured rolling pin, roll one disk at a time to about 1/8 inch thick. With floured cookie cutters, cut dough into shapes and place about 1 inch apart on buttered 12- by 15-inch baking sheets. Gather excess dough into a ball, reroll, and cut out remaining cookies.
- In a small bowl, mix remaining 1/4 cup sugar and the cinnamon.
- Sprinkle about 1/8 teaspoon of the mixture over each cookie; save any remaining cinnamon sugar for other uses.
- Bake cookies in a 350 regular or convection oven just until edges are golden, 10 to 12 minutes; if baking two sheets at once in one oven, switch their positions halfway through baking.

Let cookies cool on sheets for 5 minutes, then use a wide spatula to transfer to racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:3.77, Inflammation Score:-1, Nutrition Score:0.75999999111113%

Flavonoids

Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 40.59kcal (2.03%), Fat: 1.95g (3%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 5.26g (1.91%), Sugar: 2.45g (2.72%), Cholesterol: 2.21mg (0.74%), Sodium: 13.01mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.97%), Selenium: 1.47µg (2.09%), Vitamin B1: 0.03mg (2.06%), Folate: 7.34µg (1.84%), Manganese: 0.03mg (1.62%), Vitamin B2: 0.02mg (1.3%), Iron: 0.23mg (1.3%), Vitamin B3: 0.23mg (1.14%)