



Orange Bizcochitos

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons aniseed
- 1 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 1 large eggs
- 9 ounces flour all-purpose
- 0.8 cup granulated sugar
- 2 tablespoons granulated sugar
- 0.3 teaspoon ground cinnamon

- 1 tablespoon orange rind finely grated
- 0.3 cup powdered sugar
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- wire rack
- blender
- plastic wrap
- measuring cup

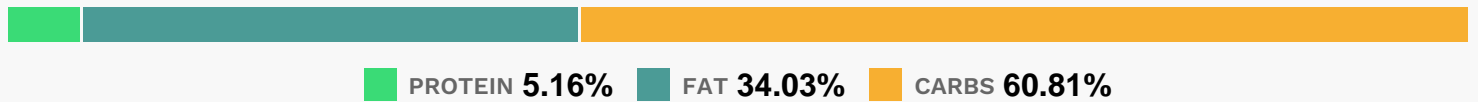
Directions

- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, and salt, stirring with a whisk.
- Place 3/4 cup granulated sugar and butter in a large bowl; beat with a mixer at medium-high speed until light and fluffy (about 2 minutes).
- Add egg; beat 1 minute or until well blended.
- Add rind, aniseed, and vanilla; beat until well blended. Beating at low speed, gradually add flour mixture, 1/2 cup at a time; beat just until a soft dough forms. Wrap dough in plastic wrap; chill at least 1 hour.
- Preheat oven to 35
- Shape dough into a 10-inch log.
- Cut log crosswise into 4 equal portions. Working with 1 portion at a time (cover and keep remaining portions in refrigerator), divide dough into 10 equal pieces on a lightly floured

surface.

- Roll each dough piece into a ball; place dough balls 1 1/2 inches apart on a baking sheet coated with cooking spray.
- Place powdered sugar in a small bowl. Dip bottom of a glass in powdered sugar; flatten 1 dough ball with bottom of glass into a 2-inch circle. Repeat procedure with powdered sugar and remaining 9 dough balls.
- Combine 2 tablespoons granulated sugar and cinnamon.
- Sprinkle 10 dough circles evenly with 1 1/2 teaspoons cinnamon mixture.
- Bake at 350 for 10 minutes or until edges of cookies are lightly browned around edges. Cool on pan 5 minutes.
- Remove from pan; cool completely on a wire rack. Repeat procedure 3 times with remaining dough, powdered sugar, and cinnamon mixture.

Nutrition Facts



Properties

Glycemic Index:9.18, Glycemic Load:6.59, Inflammation Score:-1, Nutrition Score:1.1973913052808%

Nutrients (% of daily need)

Calories: 65.79kcal (3.29%), Fat: 2.51g (3.86%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 9.88g (3.59%), Sugar: 5.11g (5.68%), Cholesterol: 10.75mg (3.58%), Sodium: 45.37mg (1.97%), Alcohol: 0.03g (100%), Alcohol %: 0.27% (100%), Protein: 0.86g (1.71%), Selenium: 2.61µg (3.73%), Vitamin B1: 0.05mg (3.41%), Folate: 12.4µg (3.1%), Manganese: 0.05mg (2.41%), Vitamin B2: 0.04mg (2.33%), Iron: 0.36mg (2.01%), Vitamin B3: 0.38mg (1.91%), Vitamin A: 78.56IU (1.57%), Phosphorus: 12.61mg (1.26%)