



Orange Cream-filled Honey Lace Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



140 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons flour
- ☐ 0.3 cup granulated sugar
- ☐ 2 cups heavy cream
- ☐ 0.3 cup local honey
- ☐ 1 orange zest
- ☐ 0.5 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup butter unsalted

Equipment

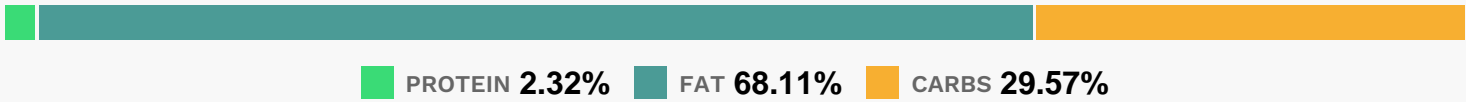
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wooden spoon
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 35
- ☐ In a medium saucepan, melt butter with honey over medium heat.
- ☐ Add sugar and salt and whisk until well combined.
- ☐ Add flour and continue to whisk until no lumps remain.
- ☐ Transfer to a small bowl and let cool slightly, about 5 minutes.
- ☐ Line 2 flat rimmed baking sheets with parchment paper. Spoon 1 heaping tsp. honey mixture onto sheets about 4 in. apart (they will spread a lot).
- ☐ Bake until dark golden brown and small holes appear throughout, 10 to 12 minutes. Keep oven on.
- ☐ Let cool on tray until starting to firm up, 2 to 3 minutes. While cookies cool, use a paring knife to separate any cookies that have melted together and to shape each into a circle. Working in batches of 3 or 4, carefully peel cookies off paper and form into a small cylinder shape around handle of a wooden spoon, holding until firm (a few seconds), and sliding off when cool. If cookies firm up before you can shape them, put baking sheet back in oven to warm slightly, about 1 minute.
- ☐ Whisk together cream, sugar, and zest until firm peaks form. Fill a large resealable plastic bag with cream, then snip a 1/4-in. hole in 1 corner. Pipe cream into cookie cylinder from each end.
- ☐ Serve immediately.

Make ahead: Up to 1 day; store airtight.

Nutrition Facts



Properties

Glycemic Index:9.87, Glycemic Load:4.19, Inflammation Score:-3, Nutrition Score:1.3778260998104%

Nutrients (% of daily need)

Calories: 140.12kcal (7.01%), Fat: 10.91g (16.79%), Saturated Fat: 6.93g (43.33%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 10.56g (3.84%), Sugar: 9.61g (10.68%), Cholesterol: 32.99mg (11%), Sodium: 21.57mg (0.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin A: 423.29IU (8.47%), Vitamin B2: 0.05mg (3.2%), Vitamin D: 0.42µg (2.82%), Vitamin E: 0.29mg (1.91%), Calcium: 17.84mg (1.78%), Selenium: 1.2µg (1.71%), Phosphorus: 16mg (1.6%), Vitamin C: 0.98mg (1.19%)