



Orange Spiced Krumkake

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 cup milk
- ☐ 1 teaspoon orange zest
- ☐ 1 cup sugar white

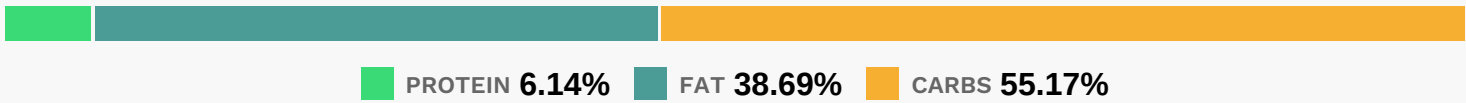
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, cream together the butter, sugar, orange peel and eggs. Sift together the flour, cloves and cardamom.
- ☐ Add the dry ingredients to the creamed mixture alternately with the milk.
- ☐ Mix until batter is completely smooth.
- ☐ Grease the krumkake iron with oil or vegetable spray.
- ☐ Heat iron over medium low heat. You only need to grease the iron once.
- ☐ Place one tablespoon of batter at a time onto the center of the iron, close, and hold firmly. Cook for 15 to 20 seconds, turning iron over halfway through.
- ☐ Remove krumkake from iron and roll into a cone. Repeat with the rest of the batter.

Nutrition Facts



Properties

Glycemic Index:3.97, Glycemic Load:4.13, Inflammation Score:-1, Nutrition Score:0.79739131082011%

Nutrients (% of daily need)

Calories: 42.39kcal (2.12%), Fat: 1.85g (2.84%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 5.83g (2.12%), Sugar: 3.54g (3.93%), Cholesterol: 10.01mg (3.34%), Sodium: 15.91mg (0.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Selenium: 1.63µg (2.32%), Vitamin B1: 0.03mg (1.84%), Vitamin B2: 0.03mg (1.71%), Folate: 6.48µg (1.62%), Manganese: 0.03mg (1.47%), Vitamin A: 61.93IU (1.24%), Phosphorus: 10.87mg (1.09%)