



Polish Christmas Cookies

READY IN



45 min.

SERVINGS



60

CALORIES



145 kcal

DESSERT

Ingredients

- 0.5 ounce anise extract
- 6 teaspoons double-acting baking powder
- 1 cup butter
- 5 eggs
- 7.5 cups flour all-purpose
- 0.5 teaspoon salt
- 1 cup shortening
- 2 cups sugar white

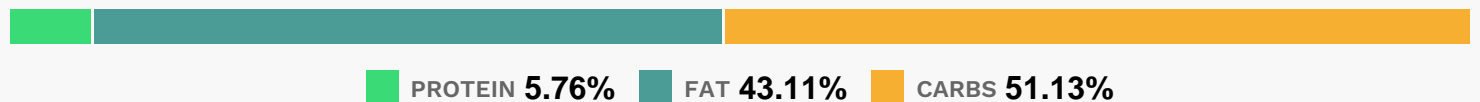
Equipment

- baking sheet
- oven
- cookie cutter

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cream the butter, shortening and the sugar together. Stir in the eggs and continue to beat.
- Add the anise flavoring. Stir in 7 cups of the flour, the baking powder and the salt.
- Mix until the dough is soft.
- Add the additional cup of flour if needed. Chill the dough.
- On a lightly floured surface roll out the dough and cut with cookie cutters.
- Place cookies on greased cookie sheets.
- Bake at 350 degrees F (175 degrees C) for 12 to 15 minutes. Frost and decorate when cookies are cooled.

Nutrition Facts



Properties

Glycemic Index:4.78, Glycemic Load:13.38, Inflammation Score:-2, Nutrition Score:2.9365217504294%

Nutrients (% of daily need)

Calories: 145.33kcal (7.27%), Fat: 7.01g (10.78%), Saturated Fat: 2.94g (18.36%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 18.28g (6.65%), Sugar: 6.71g (7.46%), Cholesterol: 21.77mg (7.26%), Sodium: 91.83mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Selenium: 6.5µg (9.29%), Vitamin B1: 0.13mg (8.33%), Folate: 30.43µg (7.61%), Vitamin B2: 0.1mg (5.68%), Manganese: 0.11mg (5.4%), Iron: 0.84mg (4.67%), Vitamin B3: 0.93mg (4.63%), Phosphorus: 33.81mg (3.38%), Calcium: 28.92mg (2.89%), Vitamin E: 0.35mg (2.3%), Vitamin A: 114.35IU (2.29%), Vitamin K: 2.14µg (2.04%), Fiber: 0.42g (1.69%), Vitamin B5: 0.15mg (1.52%), Copper: 0.03mg (1.28%), Zinc: 0.16mg (1.07%), Magnesium: 4.06mg (1.02%)