

Quick Mix Spritz

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

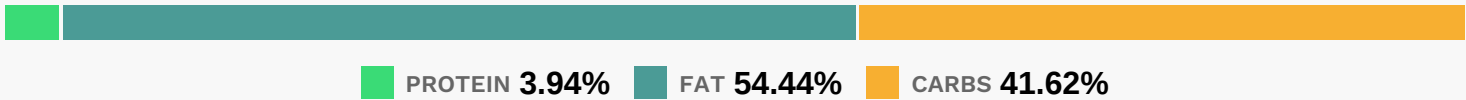
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Mix the flour, sugar, salt and baking powder.
- ☐ Cut the shortening in until it resembles course crumbs.
- ☐ Measure the egg and add enough water to make 1/4 cup, beat together.
- ☐ Add egg and vanilla to crumb mixture; mix well.
- ☐ Put through the cookie press onto cookie sheets. Decorate with sprinkles or colored sugar if desired.
- ☐ Bake at 375 degrees F (190 degrees C) for 10 -12 minutes or until very light brown and set.

Nutrition Facts



Properties

Glycemic Index:3.95, Glycemic Load:4.34, Inflammation Score:-1, Nutrition Score:0.87173912544613%

Nutrients (% of daily need)

Calories: 58.24kcal (2.91%), Fat: 3.54g (5.45%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 5.96g (2.17%), Sugar: 2.52g (2.8%), Cholesterol: 2.73mg (0.91%), Sodium: 22.45mg (0.98%), Alcohol: 0.03g (100%), Alcohol %: 0.38% (100%), Protein: 0.58g (1.15%), Selenium: 1.83µg (2.61%), Vitamin B1: 0.04mg (2.52%), Folate: 8.92µg (2.23%), Vitamin K: 1.83µg (1.75%), Manganese: 0.03mg (1.63%), Vitamin B2: 0.03mg (1.59%), Vitamin E: 0.22mg (1.47%), Vitamin B3: 0.28mg (1.39%), Iron: 0.24mg (1.31%)