



## Send a Message Fortune Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



37 kcal

DESSERT

## Ingredients

- ☐ 2.3 ounces bread flour
- ☐ 2 large egg whites
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

## Equipment

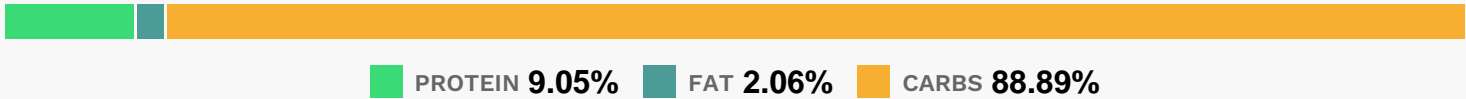
- ☐ food processor
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wooden spoon
- ☐ spatula
- ☐ measuring cup

## Directions

- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and remaining ingredients in a food processor; process until blended. Scrape batter into a bowl using a rubber spatula; cover and chill 1 hour.
- ☐ Preheat oven to 40
- ☐ Cover 2 large baking sheets with parchment paper. Draw 3 (3-inch) circles on paper. Turn paper over; secure with masking tape. Spoon 1 teaspoon batter into center of each of the 3 drawn circles; spread evenly to fill circle.
- ☐ Bake one sheet at 400 for 5 minutes or until the cookies are brown just around the edges.
- ☐ Remove from the oven. Working quickly, loosen edges of cookies with a spatula, and turn over.
- ☐ Lay the handle of a wooden spoon and a prepared fortune along the center of 1 cookie. Fold cookie over so the edges meet over the spoon handle; press edges together.
- ☐ Remove spoon. Gently pull the ends of the cookie down over the rim of a small bowl (or jar); hold for a few seconds or until set. Repeat procedure with remaining cookies.
- ☐ Repeat procedure until all of the batter is used. Cool cookies completely; store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:7.62, Glycemic Load:5.61, Inflammation Score:-1, Nutrition Score:0.40826087048196%

## Nutrients (% of daily need)

Calories: 37.2kcal (1.86%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 8.17g (2.97%), Sugar: 5.61g (6.23%), Cholesterol: 0mg (0%), Sodium: 6.24mg (0.27%), Alcohol: 0.08g (100%), Alcohol %: 0.74% (100%), Protein: 0.84g (1.68%), Selenium: 2.23µg (3.18%), Manganese: 0.03mg (1.51%), Vitamin B2: 0.02mg (1.15%)