



Sesame Seed Cookies I

READY IN



45 min.

SERVINGS



84

CALORIES



68 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon anise oil
- ☐ 4 cups flour all-purpose
- ☐ 0.8 cup milk
- ☐ 2 ounces sesame seed
- ☐ 1.5 cups shortening
- ☐ 1 cup sugar white

Equipment

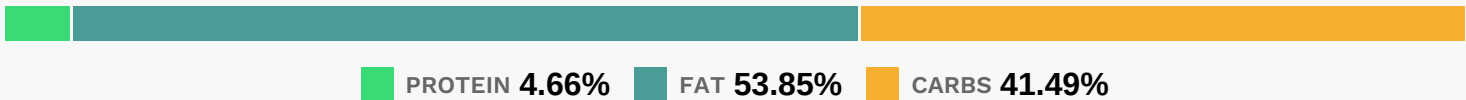
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Combine flour and sugar in a bowl.
- ☐ Cut in shortening with a pastry blender–or work with your hands – until mixture resembles coarse meal.
- ☐ Add anise oil (optional) small amount for it is very strong, to 1/2 cup of the milk and add to flour mixture. Gradually add more of the milk mixing until dough holds together.
- ☐ Pull off small portions of dough and roll between palms of the hands into a roll about finger size.
- ☐ Roll in sesame seeds. Seeds stick better if put in sugared water and taken out and put on a clean lintless cloth.
- ☐ Roll on cloth with seeds, then flatten out too about 1/4–inch thickness.
- ☐ Cut into 2 inch strips, place on ungreased baking sheet.
- ☐ Bake at 350 degrees F (180 degrees C) for 20 to 25 minutes, or until golden brown.
- ☐ Remove, cool completely, then store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:5.01, Inflammation Score:-1, Nutrition Score:1.3373912867645%

Nutrients (% of daily need)

Calories: 68.42kcal (3.42%), Fat: 4.14g (6.37%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 6.93g (2.52%), Sugar: 2.5g (2.78%), Cholesterol: 0.26mg (0.09%), Sodium: 1.19mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.61%), Vitamin B1: 0.05mg (3.6%), Selenium: 2.31µg (3.29%), Folate: 11.55µg (2.89%), Manganese: 0.06mg (2.87%), Iron: 0.38mg (2.1%), Vitamin B2: 0.03mg (2.03%), Vitamin B3: 0.38mg (1.92%), Vitamin K: 1.98µg (1.88%), Copper: 0.04mg (1.82%), Vitamin E: 0.23mg (1.55%), Phosphorus: 12.87mg (1.29%), Calcium: 10.21mg (1.02%)