

Snow Flakes

 Vegetarian

READY IN



60 min.

SERVINGS



72

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter shortening flavored
- ☐ 3 ounce cream cheese softened
- ☐ 1 egg yolk
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon orange zest
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

☐ 1 cup sugar white

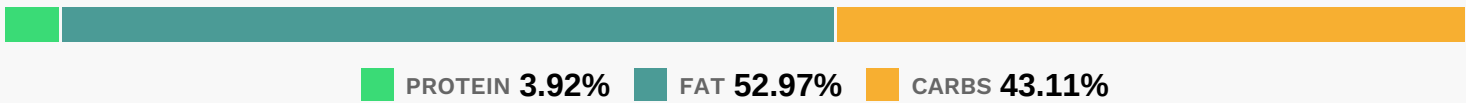
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, cream together shortening, cream cheese, and sugar. Beat in egg yolk, vanilla, and orange zest. Continue beating until light and fluffy. Gradually stir in flour, salt, and cinnamon. Fill the cookie press, and form cookies on ungreased cookie sheet.
- ☐ Bake in preheated oven for 10 to 12 minutes.
- ☐ Remove from cookie sheet, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:4.35, Inflammation Score:-1, Nutrition Score:0.83304347016889%

Nutrients (% of daily need)

Calories: 56.81kcal (2.84%), Fat: 3.37g (5.19%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 6.05g (2.2%), Sugar: 2.84g (3.15%), Cholesterol: 3.89mg (1.3%), Sodium: 20.21mg (0.88%), Alcohol: 0.02g (100%), Alcohol %: 0.21% (100%), Protein: 0.56g (1.12%), Selenium: 1.73µg (2.47%), Vitamin B1: 0.04mg (2.36%), Folate: 8.42µg (2.11%), Manganese: 0.03mg (1.57%), Vitamin B2: 0.03mg (1.53%), Vitamin K: 1.56µg (1.48%), Vitamin B3: 0.26mg (1.29%), Vitamin E: 0.19mg (1.29%), Iron: 0.21mg (1.19%)