

Southwestern Bizcochitos

 Vegetarian

READY IN



98 min.

SERVINGS



60

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups flour
- 2 teaspoons aniseed
- 0.8 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup butter flavor shortening crisco®
- 0.3 cup plus light
- 2 large eggs
- 60 servings flour

- 1 tablespoon ground cinnamon
- 60 servings milk
- 1 tablespoon orange zest grated
- 0.5 teaspoon salt
- 0.3 cup sugar
- 1 teaspoon vanilla extract

Equipment

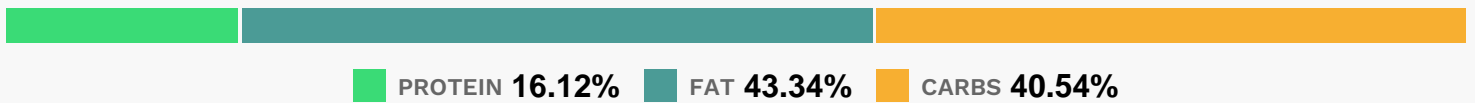
- bowl
- baking sheet
- oven
- plastic wrap
- hand mixer
- cookie cutter
- wax paper

Directions

- Beat sugar and shortening in large bowl at medium speed of electric mixer until well blended.
- Add eggs, corn syrup, vanilla, orange peel and anise seed. Beat until well blended and fluffy.
- Combine 3 cups flour, baking powder, baking soda and salt in medium bowl.
- Add gradually to shortening mixture, beating at low speed until well blended. Wrap dough in plastic wrap. Refrigerate 1 hour or overnight.
- Divide dough into 4 equal pieces. Shape each into a disk. Wrap with plastic wrap. Refrigerate 1 hour or until firm.
- Heat oven to 375 degrees F.
- Sprinkle about 1 tablespoon flour on large sheet of wax paper.
- Place disk of dough on floured paper. Flatten slightly with hands. Turn dough over. Cover with another large sheet of wax paper.
- Roll dough to 1/4-inch thickness.

- Remove top sheet of wax paper.
- Cut out with 2-inch floured cookie cutter.
- Place 2-inches apart on ungreased baking sheet. Repeat with remaining dough.
- Combine sugar and cinnamon.
- Brush cookies with milk.
- Sprinkle cookies with sugar mixture.
- Bake 7 to 9 minutes or until cookies are lightly set. Cool 2 minutes on baking sheet.
- Remove cookies to rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:6.32, Glycemic Load:12.92, Inflammation Score:-4, Nutrition Score:10.262173904025%

Nutrients (% of daily need)

Calories: 238.2kcal (11.91%), Fat: 11.54g (17.75%), Saturated Fat: 5.47g (34.17%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 23.82g (8.66%), Sugar: 13.99g (15.55%), Cholesterol: 35.48mg (11.83%), Sodium: 130.22mg (5.66%), Alcohol: 0.02g (100%), Alcohol %: 0.01% (100%), Protein: 9.65g (19.3%), Calcium: 308.23mg (30.82%), Phosphorus: 266.09mg (26.61%), Vitamin B2: 0.41mg (24.29%), Vitamin B12: 1.33µg (22.21%), Vitamin D: 2.72µg (18.12%), Vitamin B1: 0.25mg (16.48%), Selenium: 9.83µg (14.05%), Potassium: 384.91mg (11%), Vitamin B5: 1.02mg (10.21%), Magnesium: 32.76mg (8.19%), Vitamin A: 405.3IU (8.11%), Vitamin B6: 0.16mg (7.93%), Zinc: 1.13mg (7.54%), Folate: 25.99µg (6.5%), Manganese: 0.13mg (6.45%), Vitamin B3: 1.07mg (5.37%), Iron: 0.71mg (3.96%), Vitamin K: 2.64µg (2.51%), Vitamin E: 0.36mg (2.4%), Fiber: 0.46g (1.85%), Copper: 0.02mg (1.24%)