



Springerle VII

 Vegetarian  Dairy Free

READY IN



850 min.

SERVINGS



72

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon anise oil
- 1 pound confectioners' sugar
- 4 eggs separated
- 4 cups flour all-purpose

Equipment

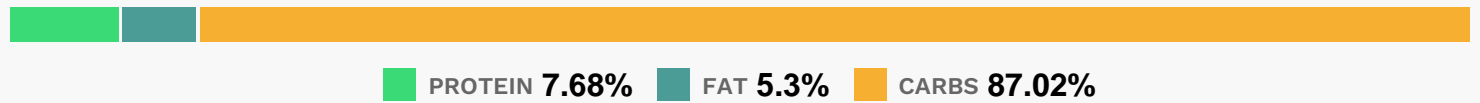
- bowl
- baking sheet

- oven
- rolling pin

Directions

- In a large bowl, whip egg whites until stiff. Beat in the yolks one at a time, beating well after each addition. Stir in the confectioners' sugar, baking powder and anise oil.
- Mix in the flour 1 cup at a time, mixing well after each, until dough is fairly stiff. On a lightly floured surface, roll out dough to 1/2 inch thickness. Flour a springerle rolling pin and carefully roll it over the dough, leaving the imprints.
- Cut cookies along the lines of the design and place them 1 inch apart on a lightly greased cookie sheet.
- Let cookies stand overnight in a cool place to dry.
- Preheat the oven to 325 degrees F (165 degrees C).
- Bake cookies for 8 to 10 minutes, or until the bottoms are lightly browned.

Nutrition Facts



Properties

Glycemic Index:2.32, Glycemic Load:3.85, Inflammation Score:-1, Nutrition Score:1.2091304300272%

Nutrients (% of daily need)

Calories: 53.43kcal (2.67%), Fat: 0.31g (0.48%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 11.43g (4.16%), Sugar: 6.19g (6.88%), Cholesterol: 9.09mg (3.03%), Sodium: 9.62mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.05%), Selenium: 3.14µg (4.49%), Vitamin B1: 0.06mg (3.7%), Folate: 13.86µg (3.46%), Vitamin B2: 0.05mg (2.75%), Manganese: 0.05mg (2.42%), Iron: 0.37mg (2.08%), Vitamin B3: 0.41mg (2.06%), Phosphorus: 13.56mg (1.36%)