



Spritz Orange Crisps

 Dairy Free

READY IN



45 min.

SERVINGS



84

CALORIES



46 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 1 eggs
- ☐ 2.5 cups flour all-purpose sifted
- ☐ 1 tablespoon orange juice
- ☐ 1 teaspoon orange zest
- ☐ 0.3 teaspoon salt
- ☐ 1 cup shortening

☐ 0.5 cup sugar white

Equipment

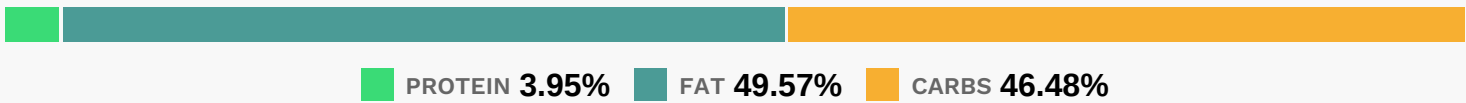
☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Cream the shortening. Gradually add the sugar and the orange juice. Cream well. Beat in the egg and the orange rind.
- ☐ Sift the flour, salt and baking soda.
- ☐ Add the flour mixture to the creamed mixture a little at a time. Fill cookie press and form cookies onto an ungreased cookie sheet.
- ☐ Bake at 375 degrees F (190 degrees C) for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:2.35, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:0.69565217261729%

Flavonoids

Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 45.54kcal (2.28%), Fat: 2.53g (3.89%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 5.24g (1.9%), Sugar: 2.49g (2.76%), Cholesterol: 1.95mg (0.65%), Sodium: 11.48mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Selenium: 1.45µg (2.06%), Vitamin B1: 0.03mg (2.01%), Folate: 7.14µg (1.78%), Manganese: 0.03mg (1.32%), Vitamin K: 1.31µg (1.25%), Vitamin B2: 0.02mg (1.24%), Vitamin B3: 0.22mg (1.11%), Iron: 0.19mg (1.08%), Vitamin E: 0.16mg (1.05%)