



Taralli

 Dairy Free

READY IN



45 min.

SERVINGS



96

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1 eggs
- ☐ 0.5 cup fennel seed
- ☐ 5 pounds flour all-purpose divided
- ☐ 0.3 cup butter
- ☐ 1 tablespoon salt
- ☐ 0.3 cup water
- ☐ 1.5 tablespoons sugar white

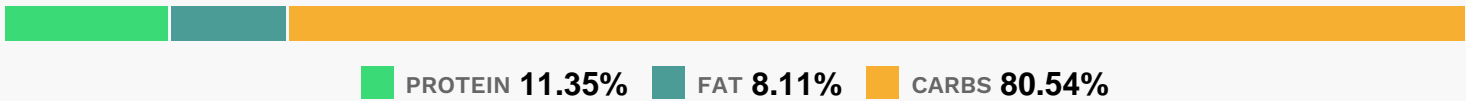
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ In a small bowl, dissolve yeast in water.
- ☐ Let stand for 5 minutes.
- ☐ In a large bowl combine butter or margarine, sugar, salt, and egg.
- ☐ Add yeast mixture and 1/2 of the flour and mix until smooth. Stir in the remaining flour and the seeds.
- ☐ Mix in additional water as needed to make a stiff dough.
- ☐ Turn dough out onto a lightly floured surface. Knead well.
- ☐ Place dough in a lightly oiled bowl, and turn once to coat surface. Cover with a damp cloth and place in a warm spot to rise for about 1 1/2 hours.
- ☐ Roll dough into short ropes about 1/2 inch thick. Join ends to form donut shape. Set aside to rise for a few minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Fill a large saucepan half full of water; bring to a boil. Drop taralli into water and boil for 1 minute.
- ☐ Remove from water, letting both sides dry on a sheet of waxed paper.
- ☐ Bake at 350 degrees F (175 degrees C) on a lightly greased cookie sheet, turning a few times during baking until medium brown and crisp.

Nutrition Facts



Properties

Glycemic Index:1.51, Glycemic Load:13.17, Inflammation Score:-2, Nutrition Score:3.6195652101027%

Nutrients (% of daily need)

Calories: 93.51kcal (4.68%), Fat: 0.83g (1.27%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 17.66g (6.42%), Sugar: 0.25g (0.28%), Cholesterol: 1.71mg (0.57%), Sodium: 79.86mg (3.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin B1: 0.2mg (13.05%), Selenium: 8.16µg (11.65%), Folate: 45.18µg (11.3%), Manganese: 0.19mg (9.65%), Vitamin B2: 0.12mg (7.28%), Vitamin B3: 1.45mg (7.27%), Iron: 1.2mg (6.64%), Fiber: 0.85g (3.39%), Phosphorus: 29.36mg (2.94%), Copper: 0.04mg (2%), Magnesium: 7.16mg (1.79%), Zinc: 0.2mg (1.3%), Vitamin B5: 0.12mg (1.21%)