



Thick Wandies

 Vegetarian

READY IN



240 min.

SERVINGS



100

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 teaspoons double-acting baking powder
- ☐ 10 eggs
- ☐ 8 cups flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 2 quarts oil for frying
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vanilla extract
- ☐ 0.7 cup sugar white

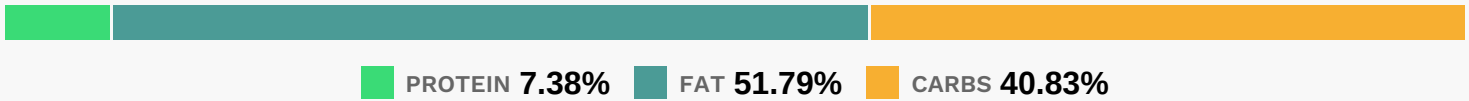
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ hand mixer
- ☐ colander

Directions

- ☐ Heat 2 inches oil in a deep-fryer or deep cast iron skillet to 375 degrees F (190 degrees C).
- ☐ In a large bowl, beat the eggs, sugar, vanilla, heavy cream baking powder and salt with an electric mixer until smooth and well blended. Gradually mix in the flour, 1 cup at a time until the batter is too stiff to stir. Turn out onto a floured surface and knead in enough additional flour to make a smooth and soft dough.
- ☐ Roll out pieces of dough to 1/4 inch thickness.
- ☐ Cut into 2x3 inch rectangles. Make a slit in the center of the square but do not go all the way to the ends.
- ☐ Fry cookies in hot oil, turning once, until golden.
- ☐ Drain in a colander. When the cookies are all fried, place them into a large container and dust them with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:2.37, Glycemic Load:6.53, Inflammation Score:-1, Nutrition Score:2.3047825935418%

Nutrients (% of daily need)

Calories: 89.92kcal (4.5%), Fat: 5.17g (7.95%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 8.89g (3.23%), Sugar: 1.46g (1.62%), Cholesterol: 19.06mg (6.35%), Sodium: 64.29mg (2.8%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Protein: 1.66g (3.31%), Selenium: 4.82µg (6.89%), Vitamin B1: 0.08mg (5.38%), Folate: 20.46µg (5.12%), Vitamin E: 0.74mg (4.91%), Vitamin B2: 0.07mg (4.37%), Manganese: 0.07mg (3.5%), Iron: 0.58mg (3.22%), Vitamin B3: 0.6mg (2.98%), Phosphorus: 27.91mg (2.79%), Vitamin K: 2.82µg (2.68%), Calcium: 24.38mg (2.44%), Vitamin B5: 0.12mg (1.17%), Vitamin A: 58.75IU (1.17%), Fiber: 0.27g (1.08%)