



Vanilla Kifli

READY IN



45 min.

SERVINGS



30

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 egg yolks
- ☐ 2 cups flour all-purpose
- ☐ 2 ounce bittersweet chocolate chopped
- ☐ 0.8 cup butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup tsp vanilla sugar
- ☐ 0.5 cup sugar white

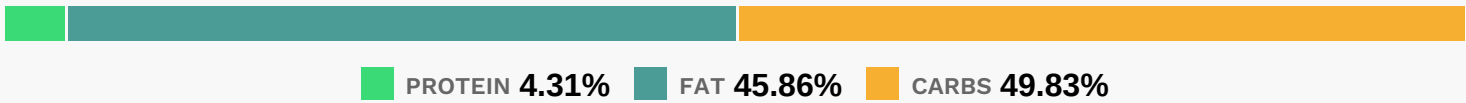
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ double boiler

Directions

- ☐ Cream together the butter with the sugar in a large mixing bowl. Beat in egg yolks and vanilla. Gradually beat in flour.
- ☐ Turn into a ball, cover and let stand at room temperature for 2 hours.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ To form the crescents, roll about 1 Tbsp of the dough in the palms of your hands. Then continue rolling to form a rope about 3 inches long and 1/2 inch thick. Bend rope to form crescent. Repeat with remaining dough, placing on ungreased cookie sheets about 1 inch apart.
- ☐ Bake for about 10 to 12 minutes. Cookies should be white in color.
- ☐ Let cool on cookie sheets for 5 minutes to prevent breaking. Then, while cookies are still warm, carefully roll in vanilla sugar. (May be found in bulk food stores). Repeat with remaining cookies. Cool cookies completely.
- ☐ Melt chocolate in a double boiler set over low heat. When cookies are cool, dip tips of each cookie in melted chocolate, then set on waxed paper to dry.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:9.25, Inflammation Score:-1, Nutrition Score:1.90000000046647%

Nutrients (% of daily need)

Calories: 111.88kcal (5.59%), Fat: 5.75g (8.84%), Saturated Fat: 3.46g (21.62%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 13.68g (4.97%), Sugar: 7.4g (8.22%), Cholesterol: 25.27mg (8.42%), Sodium: 1.63mg (0.07%), Alcohol: 0.05g (100%), Alcohol %: 0.24% (100%), Protein: 1.22g (2.43%), Selenium: 3.75µg (5.36%), Vitamin B1: 0.07mg (4.56%), Folate: 17.17µg (4.29%), Manganese: 0.08mg (4.17%), Vitamin A: 160.07IU (3.2%), Vitamin B2: 0.05mg (3.04%), Iron: 0.54mg (3.02%), Vitamin B3: 0.51mg (2.56%), Phosphorus: 19.96mg (2%), Copper: 0.04mg

(1.9%), Fiber: 0.38g (1.5%), Magnesium: 5.35mg (1.34%), Vitamin E: 0.18mg (1.19%)