



Wandies

 Vegetarian

READY IN



30 min.

SERVINGS



100

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.7 tablespoons double-acting baking powder
- 2 cups confectioners' sugar for decoration
- 10 eggs
- 5 pounds flour all-purpose
- 1 cup heavy cream
- 2 quarts oil for deep frying
- 2 tablespoons orange extract
- 6 ounce orange juice concentrate frozen canned

- 1 tablespoon orange zest
- 1 teaspoon salt
- 4 teaspoons vanilla extract
- 0.7 cup sugar white

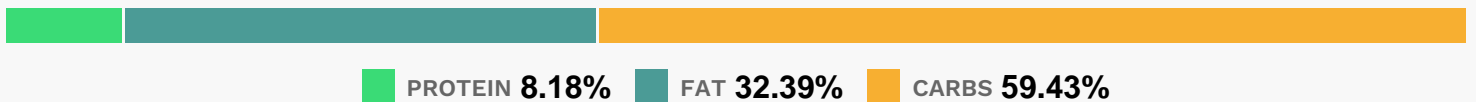
Equipment

- bowl
- frying pan

Directions

- In a large bowl, beat the eggs, sugar, vanilla, orange extract, orange zest, orange juice concentrate and heavy cream until very well blended. Stir in the baking powder and salt. Gradually mix in enough flour to form a soft but firm dough.
- Heat 2 inches of oil in a deep cast iron skillet or electric skillet to 375 degrees F (190 degrees C). On a lightly floured surface, roll out the dough to 1/4 inch in thickness.
- Cut into 3x2 inch squares and make a slit in the middle of each one.
- Fry on each side in the hot oil until golden brown.
- Add more oil to the skillet as needed. When cooled dust cookies with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:2.37, Glycemic Load:13.53, Inflammation Score:-2, Nutrition Score:4.28739136457444%

Nutrients (% of daily need)

Calories: 148.08kcal (7.4%), Fat: 5.29g (8.14%), Saturated Fat: 1g (6.25%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 21.22g (7.71%), Sugar: 4.35g (4.83%), Cholesterol: 19.06mg (6.35%), Sodium: 64.72mg (2.81%), Alcohol: 0.05g (100%), Alcohol %: 0.13% (100%), Protein: 3.01g (6.01%), Selenium: 9.14µg (13.06%), Vitamin B1: 0.19mg (12.34%), Folate: 44.99µg (11.25%), Vitamin B2: 0.14mg (8.27%), Manganese: 0.16mg (7.87%), Vitamin B3: 1.36mg (6.82%), Iron: 1.18mg (6.53%), Vitamin E: 0.75mg (5.03%), Phosphorus: 42.66mg (4.27%), Vitamin C: 2.56mg (3.11%), Vitamin K: 2.86µg (2.73%), Calcium: 27.05mg (2.71%), Fiber: 0.64g (2.55%), Copper: 0.04mg (1.88%),

Vitamin B5: 0.18mg (1.83%), Magnesium: 6.4mg (1.6%), Zinc: 0.22mg (1.5%), Vitamin A: 65.44IU (1.31%), Potassium: 43.81mg (1.25%), Vitamin B6: 0.02mg (1.14%)