



Whiskey Chruscik

 Vegetarian

READY IN



100 min.

SERVINGS



40

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 egg yolks
- 3 eggs
- 2.8 cups flour all-purpose
- 40 servings oil for deep-fat frying
- 0.5 teaspoon salt
- 0.3 cup butter unsalted at room temperature
- 1 teaspoon vanilla extract
- 1.5 fluid ounce jigger whiskey

0.5 cup sugar white

Equipment

paper towels

Directions

Cream the butter and sugar together until fluffy.

Add eggs and egg yolks one by one while continuing to beat, then add salt, whiskey, and vanilla. Stir in flour until a smooth dough is formed. Cover, and refrigerate for 1 hour.

Roll out dough on a well floured surface until very thin, about 1/8-inch thick.

Cut dough into rectangles measuring 1x4 inches. Grasping each end of a dough strip, give it two twists to form a bowtie shape. Repeat with remaining dough.

Heat oil in a deep-fat fryer to 375 degrees F (190 degrees C).

Fry the cookies in batches until golden brown on both sides, turn them over half way through so they cook evenly.

Drain cookies on a paper towel-lined plate, then dust with powdered sugar.

Nutrition Facts



PROTEIN 3.29% **FAT 77.05%** **CARBS 19.66%**

Properties

Glycemic Index:4, Glycemic Load:6.49, Inflammation Score:-1, Nutrition Score:2.9173913002014%

Nutrients (% of daily need)

Calories: 186.96kcal (9.35%), Fat: 15.91g (24.48%), Saturated Fat: 2g (12.53%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 8.9g (3.24%), Sugar: 2.55g (2.84%), Cholesterol: 29.91mg (9.97%), Sodium: 34.76mg (1.51%), Alcohol: 0.43g (100%), Alcohol %: 1.69% (100%), Protein: 1.53g (3.06%), Vitamin E: 2.56mg (17.05%), Vitamin K: 10.13µg (9.64%), Selenium: 4.71µg (6.73%), Folate: 19.29µg (4.82%), Vitamin B1: 0.07mg (4.76%), Vitamin B2: 0.07mg (3.87%), Manganese: 0.06mg (3.04%), Iron: 0.5mg (2.75%), Vitamin B3: 0.51mg (2.56%), Phosphorus: 21.46mg (2.15%), Vitamin A: 72.74IU (1.45%), Vitamin B5: 0.13mg (1.3%), Vitamin D: 0.16µg (1.07%)