

Chinese Fortune Cookies

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 30 fortune cookies

3 egg whites
1/2 cup icing sugar, sifted
1 1/2 ounces butter, melted
1/2 cup plain flour

Preparation Time: 15 minutes

Cook Time: 5 minutes

Preheat the oven to 350 degrees. Line a baking tray with baking paper. Draw three three-inch circles on the paper. Turn the paper over.

Place the egg whites in a bowl and whisk until just frothy. Add the sugar and butter. Stir until smooth. Add the flour and mix until smooth. Set aside for 15 minutes.

Using a flat-bladed knife, spread 1-1/2 level teaspoons of mixture over each circle. Bake for 5 minutes or until slightly brown around the edges.

Working quickly, remove from the trays by sliding a flat-bladed knife under each round. Place a folded written fortune message inside each cookie.

Fold in half, then in half again over a blunt-edged object. Allow to cool on a wire rack. Cook the remaining mixture the same way.

Make or two or three fortune cookies at a time, otherwise they will harden too quickly and break when folding. If this happens, return the tray to the oven to warm through.

The fortune cookies can be cooked up to two days in advance and stored in an airtight container.

Per Serving (excluding unknown items): 588 Calories; 35g Fat (52.0% calories from fat); 11g Protein; 61g Carbohydrate; 0g Dietary Fiber; 93mg Cholesterol; 516mg Sodium. Exchanges: 1 1/2 Lean Meat; 7 Fat; 4 Other Carbohydrates.

Appetizers, Desserts

Per Serving Nutritional Analysis

% Calories from Fat:	52.0%
% Calories from Carbohydrates:	40.7%
% Calories from Protein:	7.3%
Total Fat (g):	35g
Saturated Fat (g):	21g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	93mg
Carbohydrate (g):	61g
Dietary Fiber (g):	0g
Protein (g):	11g
Sodium (mg):	516mg
Potassium (mg):	156mg
Calcium (mg):	17mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	1300IU
Vitamin A (r.e.):	322RE

Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	7
Other Carbohydrates:	4

Nutrition Facts

Amount Per Serving

Calories 588 Calories from Fat: 306

% Daily Values*

Total Fat 35g	53%
Saturated Fat 21g	107%
Cholesterol 93mg	31%
Sodium 516mg	22%
Total Carbohydrates 61g	20%
Dietary Fiber 0g	0%
Protein 11g	
Vitamin A	26%
Vitamin C	0%
Calcium	2%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.