

# New Mexico - Biscochitos

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/sopapillas-mexican-dessert-recipe>

## Ingredients:

- 3 cups unbleached all-purpose flour
- 1 1/2 teaspoons baking powder
- 3 teaspoons anise seeds
- 1/2 teaspoon salt
- 1/2 pound lard softened
- 1/2 cup granulated sugar
- 1 large egg
- 2 tablespoons rum bourbon or sweet white wine
- 1/4 cup granulated sugar
- 3/4 teaspoon ground cinnamon

## Nutrition:

1. Calories: 1040 calories
2. Carbohydrate: 111 grams
3. Cholesterol: 105 milligrams
4. Fat: 59 grams
5. Fiber: 3 grams
6. Protein: 11 grams
7. SaturatedFat: 23 grams
8. Sodium: 510 milligrams
9. Sugar: 38 grams

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