



Benne Seed Coins

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almonds finely chopped
- ☐ 0.5 cup butter softened
- ☐ 1 cup coconut or shredded
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup sesame seed (benne)
- ☐ 0.8 cup sugar

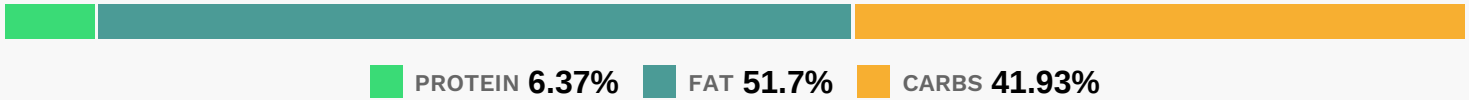
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Beat butter and sugar at medium speed with an electric mixer until creamy.
- ☐ Add egg, beating until blended.
- ☐ Add flour and remaining ingredients, beating well.
- ☐ Divide dough in half; roll each portion on wax paper into a 1-inch-thick log. Cover and chill 2 hours or until firm.
- ☐ Cut each log into 1/4-inch slices; place on lightly greased baking sheets.
- ☐ Bake at 300 for 30 minutes or until golden.
- ☐ Remove to wire racks to cool. Store cookies in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:2.95, Inflammation Score:-1, Nutrition Score:1.1886956406676%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Nutrients (% of daily need)

Calories: 42.57kcal (2.13%), Fat: 2.51g (3.87%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 4.23g (1.54%), Sugar: 2.18g (2.43%), Cholesterol: 5.97mg (1.99%), Sodium: 11.54mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.39%), Manganese: 0.07mg (3.58%), Copper: 0.06mg (2.84%), Selenium: 1.62µg (2.31%), Vitamin B1: 0.03mg (2.05%), Iron: 0.33mg (1.84%), Folate: 6.66µg (1.66%), Magnesium: 6.04mg (1.51%), Vitamin B2: 0.03mg (1.5%), Phosphorus: 14.76mg (1.48%), Fiber: 0.36g (1.42%), Calcium: 12.83mg (1.28%), Vitamin E: 0.18mg (1.19%), Vitamin B3: 0.23mg (1.13%)