

Benne Seed Wafers

 Dairy Free

READY IN



20 min.

SERVINGS



100

CALORIES



29 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sesame seed (benne)
- ☐ 1 cup sugar

☐ 0.5 teaspoon vanilla extract

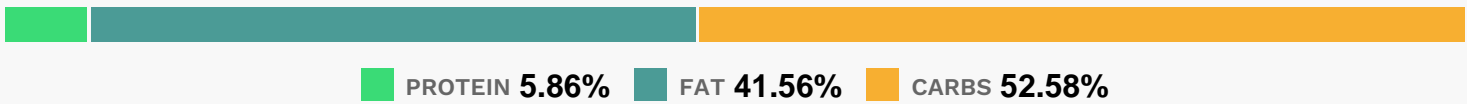
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ measuring spoon

Directions

- ☐ Cook sesame seeds in a heavy skillet over medium heat, stirring often, 5 minutes or until toasted.
- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well. Stir in sesame seeds, egg, and vanilla.
- ☐ Combine flour and next 3 ingredients; stir into butter mixture. Cover dough, and chill at least 1 hour.
- ☐ Shape dough into 1/2-inch balls; place on a lightly greased baking sheet. Flatten to a 1/16-inch thickness with floured fingers or a flat-bottomed glass.
- ☐ Bake at 325 for 8 to 10 minutes or until lightly browned.
- ☐ Transfer to wire racks to cool.
- ☐ Tip: Pressing dough into a teaspoon measuring spoon creates about a 1/2-inch ball.

Nutrition Facts



Properties

Glycemic Index:2.72, Glycemic Load:2.65, Inflammation Score:-1, Nutrition Score:0.74869564183704%

Nutrients (% of daily need)

Calories: 28.94kcal (1.45%), Fat: 1.36g (2.09%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 3.73g (1.36%), Sugar: 2.01g (2.23%), Cholesterol: 1.86mg (0.62%), Sodium: 37.14mg (1.61%), Alcohol:

0.01g (100%), Alcohol %: 0.13% (100%), Protein: 0.43g (0.86%), Copper: 0.03mg (1.71%), Manganese: 0.03mg (1.68%), Selenium: 1.17µg (1.66%), Vitamin B1: 0.02mg (1.56%), Calcium: 12.99mg (1.3%), Iron: 0.23mg (1.27%), Folate: 4.98µg (1.24%), Phosphorus: 10.09mg (1.01%)