

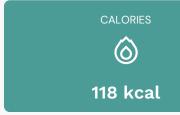
Benne Wafers

Vegetarian

READY IN

W
40 min.





DESSERT

Ingredients

0.3 teaspoon baking soda
1 eggs
1 cup flour all-purpose
1 cup brown sugar light packed
0.3 teaspoon salt
0.8 cup sesame seed lightly toasted
0.5 cup butter unsalted (1 stick)

2 teaspoons vanilla

Equipment		
	frying pan	
	baking sheet	
	baking paper	
	oven	
	mixing bowl	
	wire rack	
Directions		
	Preheat oven to 350°F. Line two large baking sheets with parchment paper.	
	In a medium mixing bowl combine flour, salt and baking soda.	
	Mix thoroughly and set aside.	
	Cream together butter and sugar until light and fluffy.	
	Add vanilla and egg until just combined. Slowly add in flour mixture and mix until thoroughly combined. Stir in sesame seeds.	
	Drop dough by heaping tablespoonfuls onto prepared baking sheets a couple of inches apart.	
	Bake for 6-8 minutes or until golden brown. Cool for a minute on the pan and then transfer to wire rack to cool completely. Store in an airtight container.	
	Nutrition Facts	
	PROTEIN 5.48% FAT 47.68% CARBS 46.84%	
1 NOTEN 0170 / 1/1 7/100/0 CARDS 70107/0		
Properties		

Glycemic Index:4.58, Glycemic Load:3.07, Inflammation Score:-2, Nutrition Score:3.1960869716561%

Nutrients (% of daily need)

Calories: 118.14kcal (5.91%), Fat: 6.39g (9.83%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 14.12g (4.71%), Net Carbohydrates: 13.43g (4.88%), Sugar: 8.97g (9.97%), Cholesterol: 16.99mg (5.66%), Sodium: 41.96mg (1.82%), Alcohol: 0.11g (100%), Alcohol %: 0.56% (100%), Protein: 1.65g (3.3%), Copper: 0.21mg (10.27%), Manganese: 0.16mg (7.91%), Selenium: 4.1µg (5.85%), Iron: 1.02mg (5.68%), Calcium: 56.31mg (5.63%), Vitamin B1: 0.08mg (5.26%),

Magnesium: 18.78mg (4.69%), Phosphorus: 40.26mg (4.03%), Folate: 15.17μg (3.79%), Zinc: 0.43mg (2.87%), Vitamin B2: 0.05mg (2.8%), Fiber: 0.69g (2.78%), Vitamin B3: 0.53mg (2.67%), Vitamin A: 128.5IU (2.57%), Vitamin B6: 0.05mg (2.32%), Potassium: 43.87mg (1.25%)