



Benne Wafers

 Vegetarian

READY IN



40 min.

SERVINGS



24

CALORIES



118 kcal

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%**

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%)