



Benne Wafers

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



100 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 1 cup lightly brown sugar light packed
- ☐ 0.3 cup butter softened
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sesame seed toasted

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0.5 teaspoon vanilla extract

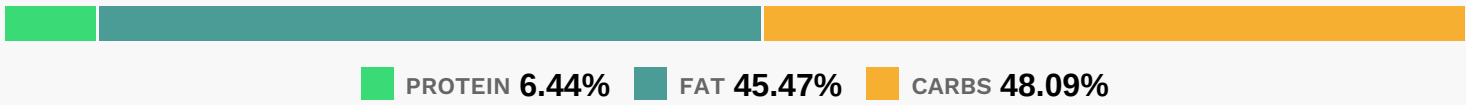
Equipment

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

Directions

- ☐ Combine first 3 ingredients; set aside.
- ☐ Beat sugar and butter at medium speed with an electric mixer until light and fluffy.
- ☐ Add egg, and mix until well blended.
- ☐ Add flour mixture, and mix until well blended. Stir in lemon juice, vanilla, and sesame seeds. Drop by tablespoonfuls onto baking sheets lined with parchment paper.
- ☐ Bake at 350 for 8 minutes or until lightly golden. Cool slightly on baking sheets; remove to wire racks to cool completely. Store in an airtight container until ready to serve.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:1.69, Inflammation Score:-2, Nutrition Score:3.4126086724193%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

Nutrients (% of daily need)

Calories: 100.34kcal (5.02%), Fat: 5.25g (8.07%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 11.68g (4.25%), Sugar: 8.94g (9.94%), Cholesterol: 12.83mg (4.28%), Sodium: 51.4mg (2.23%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 1.67g (3.34%), Copper: 0.26mg (13.24%), Manganese: 0.18mg (8.91%), Calcium: 70.71mg (7.07%), Iron: 1.13mg (6.29%), Magnesium: 23.66mg (5.91%), Selenium: 3.81µg (5.44%), Vitamin B1: 0.07mg (4.73%), Phosphorus: 47.21mg (4.72%), Zinc: 0.53mg (3.56%), Fiber: 0.81g (3.23%), Folate: 12.01µg (3%), Vitamin B6: 0.06mg (2.9%), Vitamin B2: 0.04mg (2.28%), Vitamin B3: 0.45mg (2.25%), Vitamin

A: 70.92IU (1.42%), Potassium: 48.01mg (1.37%)