

Benne Wafers



Vegetarian



Popular

READY IN



75 min.

SERVINGS



24

CALORIES



100 kcal

DESSERT

Ingredients

- ☐ 1 cup sesame seed toasted
- ☐ 1 cup firmly brown sugar dark packed
- ☐ 4 tbsp butter unsalted softened ()
- ☐ 1 eggs lightly beaten
- ☐ 0.5 cup all purpose flour
- ☐ 0.3 tsp salt
- ☐ 0.1 tsp double-acting baking powder
- ☐ 1 tsp fresh-squeezed lemon juice

☐ 0.5 tsp vanilla extract

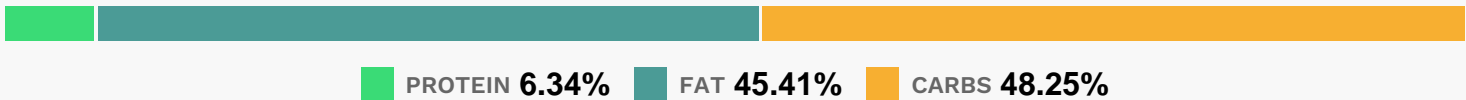
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven and prepare baking sheet: Preheat oven to 325°F. Cover cookie sheets in parchment paper, silpat sheets, or lightly oil them.
- ☐ Toast sesame seeds: Toast the sesame seeds in a heavy skillet over medium heat until they are golden brown.
- ☐ Make cookie dough: Beat the brown sugar and butter together in a medium-sized bowl for several minutes until fluffy.
- ☐ Beat in the egg.
- ☐ Whisk together the flour, salt, and baking powder, then add these dry ingredients to the butter, sugar, egg mixture, mix well.
- ☐ Stir in the toasted sesame seeds, vanilla extract, and lemon juice.
- ☐ Chill dough (Optional): Chill the dough for 30 minutes in the refrigerator. This makes it easier to drop the cookies on the sheets.
- ☐ Bake: Drop by teaspoonful onto prepared cookie sheets, leaving space for the cookies to spread.
- ☐ Bake at 325°F for approximately 15 minutes, or until the edges are slightly brown.
- ☐ Cool for a minute or two on the cookie sheets, then transfer to a rack to continue cooling.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:1.7, Inflammation Score:-2, Nutrition Score:3.4095651905822%

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: 100.03kcal (5%), Fat: 5.22g (8.04%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 11.68g (4.25%), Sugar: 8.94g (9.94%), Cholesterol: 11.91mg (3.97%), Sodium: 32.94mg (1.43%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 1.64g (3.28%), Copper: 0.26mg (13.25%), Manganese: 0.18mg (8.91%), Calcium: 71.98mg (7.2%), Iron: 1.13mg (6.28%), Magnesium: 23.63mg (5.91%), Selenium: 3.73µg (5.33%), Phosphorus: 47.24mg (4.72%), Vitamin B1: 0.07mg (4.72%), Zinc: 0.53mg (3.54%), Fiber: 0.81g (3.23%), Folate: 11.89µg (2.97%), Vitamin B6: 0.06mg (2.88%), Vitamin B3: 0.45mg (2.24%), Vitamin B2: 0.04mg (2.21%), Vitamin A: 69.62IU (1.39%), Potassium: 47.68mg (1.36%)