



Black Sesame Lace Cookies

 Vegetarian

READY IN



300 min.

SERVINGS



24

CALORIES



80 kcal

DESSERT

Ingredients

- ☐ 3 tablespoon sesame seed black
- ☐ 75 gram flour all-purpose
- ☐ 100 gram granulated sugar
- ☐ 100 gram brown sugar light packed
- ☐ 80 gram orange juice fresh
- ☐ 100 gram butter unsalted

Equipment

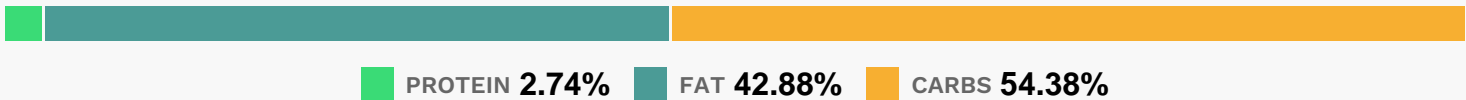
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon
- ☐ stand mixer

Directions

- ☐ Using a stand mixer fitted with the paddle attachment (or a handheld mixer or a wooden spoon), cream the butter until creamy and light, about 2 minutes.
- ☐ Add the granulated sugar and brown sugar and continue to beat on medium speed for about 1 minute, or until combined. Turn the speed down to low and add the flour and mix until well combined. Slowly drizzle in the orange juice and mix for about 30 seconds; the mixture will look a little broken, which is okay.
- ☐ Mix in the sesame seeds.
- ☐ Transfer the batter to an airtight container and refrigerate for at least 4 hours or for up to 1 week. When ready to bake cookies, position a rack in the center of the oven, and heat the oven to 350 degrees F (325 degrees F for convection). Line a very flat baking sheet with parchment paper. (This batter spreads like crazy, so you have to use an extremely flat baking sheet in order for the cookies to bake in circles and not amoeba-like shapes.) Pinch off rounded tablespoon-size balls of dough and place on the prepared baking sheet, spacing them at least 3 inches apart to allow for spreading.
- ☐ Bake for 16 to 18 minutes, or until the cookies are completely golden brown throughout.
- ☐ Let cool completely (they must be firm to the touch) on the baking sheet on a wire rack. Gently remove the cookies from the parchment. The cookies can be stored, in layers separated with sheets of parchment paper or waxed paper, in an airtight container at room temperature for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:4.85, Inflammation Score:-1, Nutrition Score:1.2413043583865%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 80.36kcal (4.02%), Fat: 3.93g (6.04%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 11g (4%), Sugar: 8.49g (9.44%), Cholesterol: 8.96mg (2.99%), Sodium: 1.87mg (0.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Copper: 0.05mg (2.49%), Manganese: 0.05mg (2.47%), Vitamin B1: 0.04mg (2.38%), Vitamin A: 110.88IU (2.22%), Selenium: 1.52µg (2.18%), Vitamin C: 1.67mg (2.02%), Folate: 7.86µg (1.96%), Iron: 0.33mg (1.83%), Calcium: 15.09mg (1.51%), Magnesium: 5.02mg (1.26%), Vitamin B3: 0.25mg (1.25%), Vitamin B2: 0.02mg (1.24%), Phosphorus: 11.4mg (1.14%)