

# Candied-Orange Wafers

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



80 kcal

DESSERT

## Ingredients

- 2 large egg whites
- 0.3 cup flour all-purpose
- 0.3 cup orange zest minced
- 0.5 cup sugar
- 4 tablespoons butter unsalted softened
- 0.5 teaspoon vanilla

## Equipment

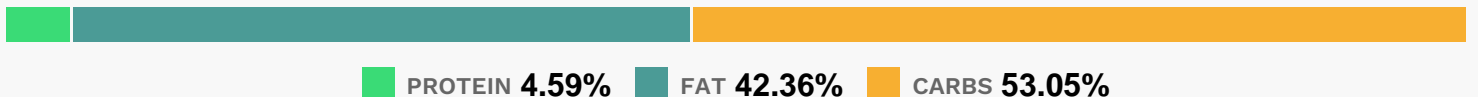
- baking sheet

- oven
- whisk
- hand mixer
- spatula
- rolling pin

## Directions

- Preheat oven to 400°F.
- Beat together butter, sugar, zest, and vanilla with an electric mixer on high speed until light and fluffy. Reduce speed to low and beat in egg whites. (
- Mixture will look curdled.)
- Whisk in flour just until incorporated.
- Drop 4 rounded tablespoons of batter about 3 inches apart on a baking sheet lined with nonstick pad.
- Spread batter evenly into 4,- to 5-inch circles with back of a spoon dipped in cold water.
- Bake cookies in middle of oven, turning sheet 180 degrees halfway through baking, until golden brown, about 10 minutes total.
- Cool cookies 30 seconds on baking sheet (to facilitate removal), then carefully remove cookies with a thin metal spatula and immediately drape over a rolling pin to create a curved shape. (If cookies become too brittle to drape over rolling pin, return to oven a few seconds to soften.) When cool, transfer cookies to an airtight container. Make more cookies in same manner, cooling and cleaning nonstick pad and baking sheet between batches.
- Handle these cookies carefully, as they are fragile. Cookies keep in an airtight container 5 days.

## Nutrition Facts



## Properties

Glycemic Index:12.09, Glycemic Load:7.26, Inflammation Score:-1, Nutrition Score:1.0021739019%

## Nutrients (% of daily need)

Calories: 80.3kcal (4.02%), Fat: 3.85g (5.92%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 10.57g (3.84%), Sugar: 8.39g (9.32%), Cholesterol: 10.03mg (3.34%), Sodium: 9.85mg (0.43%), Alcohol: 0.06g (100%), Alcohol %: 0.31% (100%), Protein: 0.94g (1.88%), Vitamin C: 2.72mg (3.3%), Selenium: 2.1µg (3%), Vitamin A: 125.02IU (2.5%), Vitamin B2: 0.04mg (2.48%), Vitamin B1: 0.02mg (1.55%), Folate: 5.73µg (1.43%), Fiber: 0.28g (1.13%)