



Cook the Book: Sweet Lemon and Black Olive Wafers



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



102 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon cinnamon
- ☐ 1 large eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 pinch kosher salt
- ☐ 2 tablespoons lemon zest grated
- ☐ 0.5 cup oil-cured olives black pitted rinsed coarsely chopped

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup sugar plus more for coating

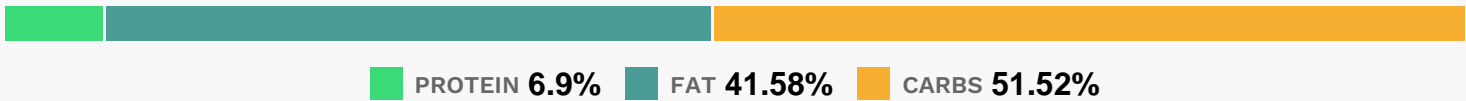
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ rolling pin

Directions

- ☐ Position a rack in the upper third of the oven and crank the heat up to 375°F.
- ☐ Stir together the flour, olives, sugar, baking powder, zest, cinnamon, and salt in a medium bowl.
- ☐ Whisk together the oil and egg, pour the mixture into the dry ingredients, and mix with your hands until the dough no longer looks dry and holds together when squeezed, 1 to 2 minutes.
- ☐ Fill a small bowl with sugar and set nearby. Pinch off 1 tablespoon (about 1 ounce) of dough, roll it in a ball, and coat it with the sugar.
- ☐ Place it in one corner of a sheet of parchment cut to fit your baking sheet, place another piece of parchment on top, and using a rolling pin, roll the ball into a 3 1/2-to-4-inch circle, scant 1/16 inch thick. The edges will be ragged; that's how they should be. Repeat with 5 more wafers on the same shape. Lift off the top sheet and slip the parchment with the cookies onto the baking sheet.
- ☐ Bake until the wafers are edged with brown and pebbled on top, 10 to 12 minutes. Slide the parchment onto a wire cooling rack. Repeat with the remaining dough. Once cooled, the wafers will keep in an airtight container for several days, but I doubt they'll stick around for that long.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:9.25, Inflammation Score:-1, Nutrition Score:2.5400000110916%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 101.9kcal (5.1%), Fat: 4.74g (7.29%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 12.64g (4.59%), Sugar: 3.43g (3.81%), Cholesterol: 12.4mg (4.13%), Sodium: 84.99mg (3.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Selenium: 5.33µg (7.61%), Vitamin B1: 0.1mg (6.73%), Folate: 24.68µg (6.17%), Vitamin E: 0.73mg (4.9%), Vitamin B2: 0.08mg (4.62%), Manganese: 0.09mg (4.46%), Iron: 0.7mg (3.87%), Vitamin B3: 0.75mg (3.77%), Fiber: 0.58g (2.32%), Phosphorus: 21.85mg (2.18%), Vitamin K: 2.28µg (2.17%), Copper: 0.03mg (1.34%), Vitamin C: 1.03mg (1.25%), Calcium: 11.31mg (1.13%), Vitamin B5: 0.11mg (1.09%)