



Cornmeal Wafers

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



62 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 lb butter at room temperature
- 1 cup cornmeal
- 1 large eggs
- 1 cup flour all-purpose
- 0.7 cup sugar
- 1 teaspoon vanilla

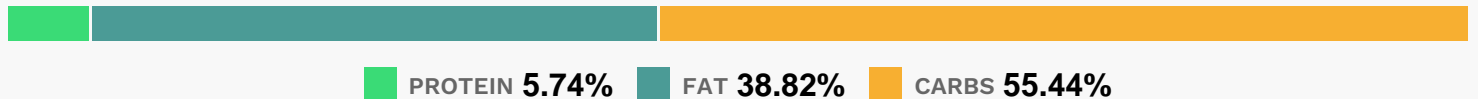
Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- hand mixer
- spatula

Directions

- In a bowl, with an electric mixer on medium speed, beat butter and sugar until smooth. Beat in egg and vanilla until well blended.
- In another bowl, mix flour, cornmeal, and baking powder. Stir or beat into butter mixture until well blended.
- Divide dough in half and form each portion into a 2-inch-thick log.
- Roll waxed paper tightly around each log to wrap airtight. Freeze until dough is firm enough to slice neatly, at least 2 hours, or up to 3 weeks.
- Unwrap dough. Using a thin, sharp knife, cut logs crosswise into 1/8-inch-thick slices.
- Lay slices 3 inches apart on buttered or cooking parchment-lined 12- by 15-inch baking sheets; if cookies flattened when cut, reshape with your fingers.
- Bake cookies in a 350 oven until edges are slightly browned, 15 to 18 minutes; if baking more than one pan at a time, switch pan positions halfway through baking. With a wide spatula, transfer cookies to racks to cool.

Nutrition Facts



Properties

Glycemic Index:8.89, Glycemic Load:5.81, Inflammation Score:-1, Nutrition Score:1.1652173957099%

Nutrients (% of daily need)

Calories: 61.93kcal (3.1%), Fat: 2.69g (4.14%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 8.2g (2.98%), Sugar: 3.42g (3.8%), Cholesterol: 10.75mg (3.58%), Sodium: 30.87mg (1.34%), Alcohol: 0.03g (100%), Alcohol %: 0.3% (100%), Protein: 0.9g (1.79%), Vitamin B1: 0.04mg (2.47%), Selenium: 1.73µg (2.47%), Manganese: 0.05mg (2.38%), Folate: 7.74µg (1.94%), Fiber: 0.46g (1.83%), Phosphorus: 17.67mg (1.77%), Iron: 0.3mg (1.66%), Vitamin B2: 0.03mg (1.56%), Vitamin A: 77.6IU (1.55%), Vitamin B3: 0.29mg (1.43%), Vitamin B6: 0.03mg (1.35%), Magnesium: 5.19mg (1.3%), Zinc: 0.16mg (1.09%)