



Cream Wafers

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



38 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 0.8 cup confectioners' sugar sifted
- 1 egg yolk
- 2 cups flour all-purpose
- 0.3 cup granulated sugar for decoration
- 0.3 cup heavy cream
- 1 teaspoon vanilla extract

Equipment

baking sheet

oven

Directions

- Mix flour and 1 cup of butter or margarine thoroughly. Stir in whipping cream and mix well. Chill 1 hour.
- Preheat oven to 375 degrees F (190 degrees C).
- Roll dough 1/8 inch thick on lightly floured board.
- Cut into 1 1/2 inch rounds.
- Transfer to waxed paper heavily sprinkled with sugar, turning to coat both sides.
- Place on un-greased baking sheet. Prick in 4 places with fork.
- Bake 7 to 9 minutes or until slightly puffed. Put two cooled cookies together with filling.
- To Make Filling: Blend 1/4 cup soft butter, 3/4 cup sifted confectioners' sugar, 1 egg yolk, and 1 tsp. vanilla. If desired, tint with food coloring.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:3.08, Inflammation Score:-1, Nutrition Score:0.72173912766511%

Nutrients (% of daily need)

Calories: 37.71kcal (1.89%), Fat: 1.37g (2.11%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.73g (2.08%), Sugar: 2.64g (2.93%), Cholesterol: 6.77mg (2.26%), Sodium: 6.71mg (0.29%), Alcohol: 0.02g (100%), Alcohol %: 0.31% (100%), Protein: 0.52g (1.05%), Selenium: 1.65µg (2.35%), Vitamin B1: 0.03mg (2.24%), Folate: 8.14µg (2.04%), Vitamin B2: 0.03mg (1.5%), Manganese: 0.03mg (1.44%), Vitamin B3: 0.25mg (1.24%), Iron: 0.2mg (1.14%)