



Crunchy Sesame Cookies

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



71 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 1 tablespoon plus
- 1.5 tablespoons cornstarch
- 2 tablespoons sesame oil dark
- 1 large eggs
- 6.8 ounces flour all-purpose

- 2 tablespoons granulated sugar
- 0.3 teaspoon salt
- 0.3 cup tahini (roasted sesame-seed paste)
- 2 teaspoons vanilla extract

Equipment

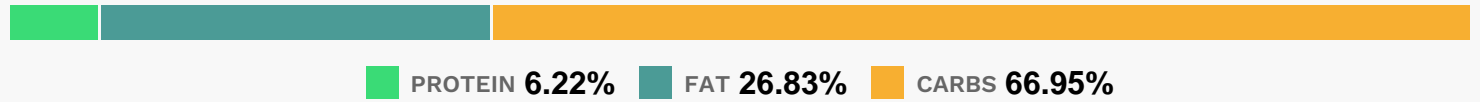
- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup

Directions

- Preheat oven to 37
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, cornstarch, baking powder, baking soda, and salt, stirring with a whisk; set mixture aside.
- Place brown sugar, tahini, and oil in a large bowl; beat with a mixer at medium speed until well blended.
- Add syrup, vanilla, and egg; beat well. Gradually add flour mixture to sugar mixture, beating at low speed just until combined.
- Lightly coat hands with cooking spray. Shape dough into 36 balls (about 1 inch each).
- Place granulated sugar in a shallow bowl.
- Roll dough balls in granulated sugar; place 2 inches apart on baking sheets lined with parchment paper. Flatten balls slightly with the bottom of a glass.
- Bake at 375 for 10 minutes or until lightly browned. Cool on pans 2 minutes.

Remove cookies from pans; cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:7.11, Glycemic Load:3.52, Inflammation Score:-1, Nutrition Score:1.4939130282272%

Nutrients (% of daily need)

Calories: 70.85kcal (3.54%), Fat: 2.14g (3.3%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 11.78g (4.29%), Sugar: 7.11g (7.9%), Cholesterol: 5.17mg (1.72%), Sodium: 48.13mg (2.09%), Alcohol: 0.08g (100%), Alcohol %: 0.54% (100%), Protein: 1.12g (2.24%), Vitamin B1: 0.08mg (5.2%), Selenium: 3.08µg (4.41%), Folate: 12.62µg (3.15%), Phosphorus: 28.78mg (2.88%), Copper: 0.05mg (2.39%), Iron: 0.43mg (2.37%), Vitamin B3: 0.45mg (2.24%), Vitamin B2: 0.04mg (2.09%), Manganese: 0.04mg (2.07%), Calcium: 16.44mg (1.64%), Zinc: 0.16mg (1.09%), Magnesium: 4.07mg (1.02%)