

Golden Sesame Cookies

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

48

CALORIES

calories

51 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 0.8 cup confectioners' sugar
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sesame seed toasted
- ☐ 1 teaspoon vanilla extract

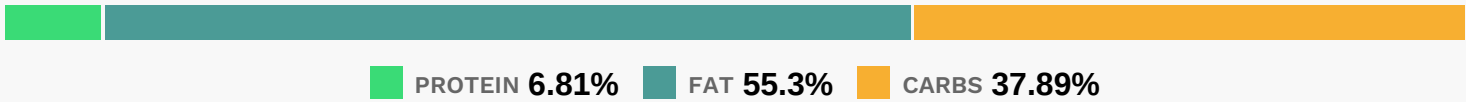
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pie form

Directions

- ☐ Pour seeds into a pie pan and place in a 300 degrees F (150 degrees C) oven for about 10 minutes or until lightly browned. Stir seeds occasionally.
- ☐ Cream the butter or margarine with the vanilla until light and fluffy.
- ☐ Add the confectioners' sugar gradually, beating until fluffy.
- ☐ Add egg and beat thoroughly.
- ☐ Sift the flour, baking powder and salt together.
- ☐ Add in thirds to the creamed mixture. After each addition of the flour mixture stir in the toasted sesame seeds.
- ☐ Mix until blended. Cover and chill dough for at least 2 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ On a lightly floured surface, roll 1/3 of the dough at a time to 1/8 inch thick.
- ☐ Cut with a 2 inch scalloped cutter.
- ☐ Transfer cookies to ungreased cookie sheets.
- ☐ Bake at 350 degrees F (175 degrees C) for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:1.9, Inflammation Score:-1, Nutrition Score:1.6330434858151%

Nutrients (% of daily need)

Calories: 51.1kcal (2.55%), Fat: 3.2g (4.92%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 4.93g (1.65%), Net Carbohydrates: 4.57g (1.66%), Sugar: 1.86g (2.07%), Cholesterol: 8.49mg (2.83%), Sodium: 33.4mg (1.45%), Alcohol: 0.03g (100%), Alcohol %: 0.33% (100%), Protein: 0.89g (1.77%), Copper: 0.1mg (5.06%), Manganese: 0.08mg (4.02%), Selenium: 2.23µg (3.18%), Vitamin B1: 0.04mg (2.97%), Iron: 0.51mg (2.86%), Calcium: 26.9mg (2.69%), Magnesium: 9.12mg (2.28%), Folate: 8.73µg (2.18%), Phosphorus: 21.56mg (2.16%), Vitamin B2: 0.03mg (1.61%), Vitamin B3: 0.3mg (1.5%), Fiber: 0.36g (1.46%), Zinc: 0.22mg (1.46%), Vitamin A: 64.25IU (1.29%), Vitamin B6: 0.02mg (1.08%)