



Krumkake

READY IN



156 min.

SERVINGS



72

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup sugar
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup whipping cream (heavy)
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon vanilla
- ☐ 4 eggs

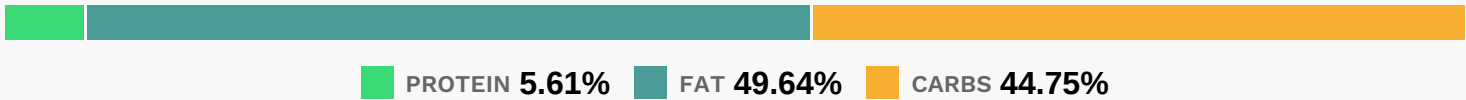
Equipment

- ☐ knife
- ☐ wire rack
- ☐ wooden spoon

Directions

- ☐ Heat ungreased krumkake iron over medium-high heat on smallest surface unit of electric or gas range (for electric irons, follow manufacturer's directions). Beat all ingredients until smooth. Test iron with a few drops of water; if they skitter around, iron is correct temperature.
- ☐ Lightly brush inside top and bottom of iron with shortening or vegetable oil. Drop 1/2 tablespoon batter onto iron; close gently. Cook about 15 seconds on each side or until light golden brown. Keep iron over heat at all times.
- ☐ Remove cookie with knife. Immediately roll cookie around roller or handle of large wooden spoon. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:2.02, Glycemic Load:2.66, Inflammation Score:-1, Nutrition Score:0.52782608447192%

Nutrients (% of daily need)

Calories: 34.74kcal (1.74%), Fat: 1.92g (2.96%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 3.86g (1.4%), Sugar: 2.84g (3.16%), Cholesterol: 10.34mg (3.45%), Sodium: 18.71mg (0.81%), Alcohol: 0.06g (100%), Alcohol %: 0.83% (100%), Protein: 0.49g (0.98%), Selenium: 1.24µg (1.78%), Vitamin A: 85.78IU (1.72%), Vitamin B2: 0.02mg (1.23%)