



Rolled Benne Wafers

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



64 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.5 cup plus dark
- ☐ 0.8 cup flour all-purpose
- ☐ 1 Dash salt
- ☐ 0.5 cup sesame seed toasted
- ☐ 0.8 teaspoon vanilla extract

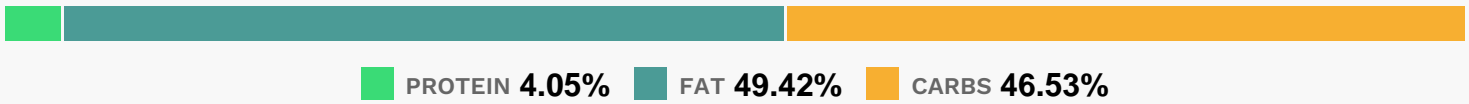
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon

Directions

- ☐ Combine butter, corn syrup, sugar, and vanilla in a medium saucepan; cook over medium heat, stirring frequently, until butter melts.
- ☐ Add flour and salt; stir until well blended. Bring to a boil, stirring constantly.
- ☐ Remove from heat, and stir in sesame seeds.
- ☐ Place pan in a bowl of hot water.
- ☐ Drop batter by teaspoonfuls onto greased cookie sheets.
- ☐ Bake at 375 for 5 minutes.
- ☐ Remove from oven, and let stand for 1 minute. Shape each wafer around the buttered handle of a wooden spoon. Slide off, and place on a wire rack to cool completely. (
- ☐ Bake only 5 wafers at a time because they harden quickly after baking.) Repeat procedure with remaining batter. Store wafers in airtight containers.

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:4.83, Inflammation Score:-1, Nutrition Score:1.4265217236851%

Nutrients (% of daily need)

Calories: 63.61kcal (3.18%), Fat: 3.62g (5.57%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 7.35g (2.67%), Sugar: 5.18g (5.76%), Cholesterol: 6.78mg (2.26%), Sodium: 29.41mg (1.28%), Alcohol: 0.03g (100%), Alcohol %: 0.26% (100%), Protein: 0.67g (1.33%), Copper: 0.09mg (4.6%), Manganese:

0.07mg (3.75%), Selenium: 1.79µg (2.55%), Iron: 0.45mg (2.52%), Vitamin B1: 0.04mg (2.51%), Calcium: 23.59mg (2.36%), Magnesium: 8.47mg (2.12%), Phosphorus: 17.26mg (1.73%), Folate: 6.9µg (1.72%), Vitamin A: 78.98IU (1.58%), Vitamin B3: 0.25mg (1.26%), Fiber: 0.32g (1.26%), Zinc: 0.19mg (1.23%), Vitamin B2: 0.02mg (1.15%)