



Rolled Sweet Wafers

READY IN



45 min.

SERVINGS



30

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.7 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 30 servings vegetable oil

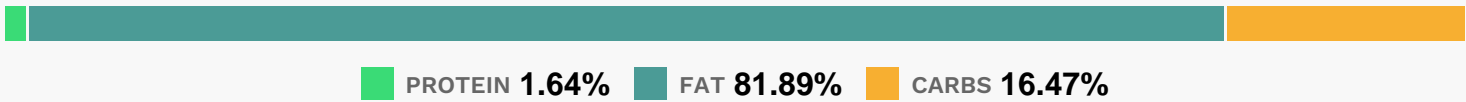
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ waffle iron

Directions

- ☐ Cream butter in a medium mixing bowl; gradually add sugar, beating until light and fluffy.
- ☐ Add egg; beat well.
- ☐ Add flour alternately with milk, beginning and ending with flour.
- ☐ Mix well after each addition. Stir in vanilla.
- ☐ Brush pizelle or waffle iron with oil; preheat iron 2 minutes.
- ☐ Place 1 heaping teaspoon of batter in center of iron; close iron, and bake 1 minute or until lightly browned.
- ☐ Remove wafer, and quickly roll up; cool on a wire rack. Repeat procedure with remaining batter. Store wafers in an airtight container.
- ☐ Note: These wafers are delicious served with ice cream.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:5.48, Inflammation Score:-1, Nutrition Score:2.4199999691514%

Nutrients (% of daily need)

Calories: 188.16kcal (9.41%), Fat: 17.37g (26.72%), Saturated Fat: 2.89g (18.09%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 7.75g (2.82%), Sugar: 4.66g (5.18%), Cholesterol: 5.94mg (1.98%), Sodium: 39.44mg (1.71%), Alcohol: 0.05g (100%), Alcohol %: 0.18% (100%), Protein: 0.78g (1.57%), Vitamin K: 25.78µg (24.55%), Vitamin E: 1.28mg (8.55%), Vitamin A: 149.84IU (3%), Selenium: 1.97µg (2.81%), Vitamin B1: 0.04mg (2.4%), Folate: 8.35µg (2.09%), Vitamin B2: 0.04mg (2.07%), Manganese: 0.03mg (1.47%), Vitamin B3: 0.25mg (1.26%), Iron: 0.22mg (1.25%), Phosphorus: 12.39mg (1.24%)