



Savory Walnut Wafers

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



34 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 4 teaspoons butter chilled cut into small pieces
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon rosemary fresh chopped
- ☐ 2 tablespoons ice water
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons walnuts toasted chopped

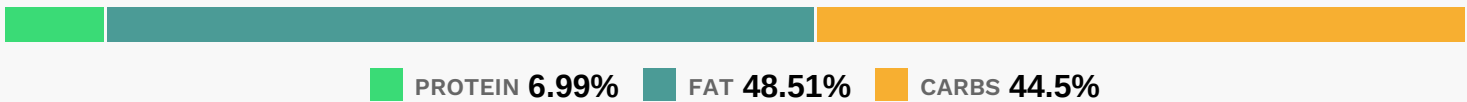
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 5 ingredients (through salt) in a food processor; pulse until walnuts are finely ground.
- ☐ Add butter; pulse just until mixture resembles coarse meal.
- ☐ Add 2 tablespoons ice water; pulse until dough is moist. Scrape mixture onto a work surface; knead briefly, just until dough comes together (mixture will seem crumbly). Press dough into a 12-inch log on a sheet of plastic wrap. Cover and place in freezer 1 hour or until firm.
- ☐ Preheat oven to 35
- ☐ Cut dough crosswise into 16 equal portions; roll each portion into a ball. Working with 1 ball at a time (cover remaining balls to prevent drying), place ball on a baking sheet coated with cooking spray. Using the bottom of a glass, flatten ball to form a 2-inch round. Repeat procedure with remaining balls, leaving approximately 1 inch between flattened rounds on baking sheet.
- ☐ Bake at 350 for 10 minutes or until lightly browned. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:9.06, Glycemic Load:2.17, Inflammation Score:-1, Nutrition Score:0.87652172779907%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 34.21kcal (1.71%), Fat: 1.87g (2.87%), Saturated Fat: 0.73g (4.53%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.29g (0.32%), Cholesterol: 2.69mg (0.9%), Sodium: 44.69mg (1.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Manganese: 0.07mg (3.49%), Vitamin B1: 0.04mg (2.33%), Folate: 8.42µg (2.1%), Selenium: 1.42µg (2.02%), Copper: 0.03mg (1.31%), Vitamin B2: 0.02mg (1.27%), Iron: 0.22mg (1.24%), Vitamin B3: 0.25mg (1.23%)