



Sesame Rings (Spain)

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



40

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon double-acting baking powder
- 1 large egg white lightly beaten
- 2 large egg yolks at room temperature
- 4 cups flour all-purpose
- 1 teaspoon honey
- 0.5 teaspoon salt fine
- 0.5 cup sesame seed raw hulled
- 1.3 cups sugar

- 0.3 cup tahini (sesame paste)
- 1 tablespoon vanilla extract pure
- 0.5 cup vegetable oil
- 3 large eggs whole at room temperature

Equipment

- bowl
- baking sheet
- oven
- whisk
- hand mixer

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F. Line 2 baking sheets with silicone mats or parchment, or coat them with nonstick cooking spray.
- Whisk the flour, baking powder and salt together in a medium bowl.
- Beat the eggs and yolks with the sugar in a large bowl with an electric mixer until very light and fluffy, about 2 minutes. Beat in the tahini, oil and vanilla. Stir in the flour mixture until combined to make a soft dough. Cover the dough and set aside for 5 minutes before forming into rings.
- Pinch off a walnut-sized piece of dough and roll it into a rope that is about 5 inches long and 3/8-inch thick. (Dust your hands and the parchment lightly with flour if the dough is sticky.) Pinch the ends of the rope together to form a ring. Repeat until all the dough has been formed into rings.
- Put the sesame seeds on a small plate.
- Whisk the egg white and honey together, and then brush each ring with the mixture. Then immediately dip the ring into the sesame seeds.
- Place the rings seeds side up, on the prepared baking sheet at least 1 inch apart.
- Bake rings until lightly browned, about 15 to 20 minutes.
- Transfer from baking sheet and cool on wire racks.

Serve.

Nutrition Facts

PROTEIN 9.86% **FAT 25.76%** **CARBS 64.38%**

Properties

Glycemic Index:8.11, Glycemic Load:11.49, Inflammation Score:-1, Nutrition Score:3.551739120613%

Nutrients (% of daily need)

Calories: 104.16kcal (5.21%), Fat: 3g (4.61%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 16.23g (5.9%), Sugar: 6.49g (7.21%), Cholesterol: 23.13mg (7.71%), Sodium: 69.05mg (3%), Alcohol: 0.11g (100%), Alcohol %: 0.45% (100%), Protein: 2.58g (5.17%), Selenium: 7.23µg (10.33%), Vitamin B1: 0.14mg (9.32%), Folate: 29.2µg (7.3%), Manganese: 0.13mg (6.71%), Copper: 0.12mg (6.15%), Iron: 1.05mg (5.81%), Vitamin B2: 0.09mg (5.59%), Phosphorus: 54.61mg (5.46%), Vitamin B3: 0.91mg (4.56%), Calcium: 43.28mg (4.33%), Magnesium: 11.46mg (2.87%), Fiber: 0.63g (2.52%), Zinc: 0.37mg (2.48%), Vitamin B6: 0.03mg (1.6%), Vitamin B5: 0.14mg (1.4%), Potassium: 37.24mg (1.06%), Vitamin K: 1.06µg (1.01%)