



Sesame Wafers

 Vegetarian

READY IN



115 min.

SERVINGS



36

CALORIES



63 kcal

DESSERT

Ingredients

- 1 pinch double-acting baking powder
- 1 large eggs
- 0.7 cup flour all-purpose
- 0.8 cup brown sugar light packed
- 0.3 teaspoon salt
- 0.8 cup sesame seed
- 6 tablespoons butter unsalted plus more for the baking sheets at room temperature
- 0.5 teaspoon vanilla extract

Equipment

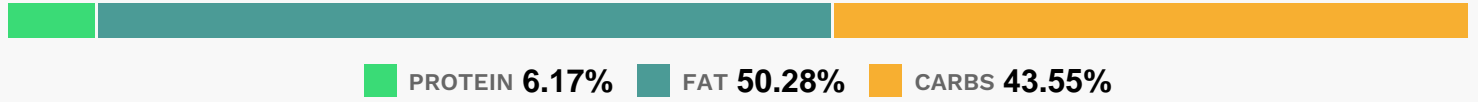
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- blender
- plastic wrap
- aluminum foil
- spatula

Directions

- Toast the sesame seeds in a large skillet over medium–low heat, stirring constantly, until golden, 7 to 10 minutes.
- Transfer to a bowl and let cool completely.
- Beat the butter and brown sugar in a large bowl with a mixer on medium–high speed until light and fluffy, 3 to 5 minutes.
- Add the egg, vanilla, salt and baking powder and beat until combined, scraping down the bowl as needed. Reduce the mixer speed to low; add the flour and 1/4 cup of the toasted sesame seeds and beat until just combined. Cover with plastic wrap and refrigerate until firm, about 1 hour.
- Position racks in the upper and lower thirds of the oven and preheat to 325 degrees F. Line 2 baking sheets with parchment paper or aluminum foil and butter the parchment or foil. Form teaspoonfuls of dough into small balls, then roll in the remaining 1/2 cup toasted sesame seeds, pressing to coat. Arrange the balls about 2 inches apart on the prepared baking sheets.
- Bake, switching the position of the pans halfway through, until dark golden around the edges, 15 to 20 minutes.
- Let cool 1 minute on the baking sheets, then carefully remove the cookies with a thin metal spatula and transfer to racks to cool completely.

Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:5.61, Glycemic Load:1.41, Inflammation Score:-1, Nutrition Score:1.9326086931902%

Nutrients (% of daily need)

Calories: 62.63kcal (3.13%), Fat: 3.6g (5.54%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 6.58g (2.39%), Sugar: 4.47g (4.97%), Cholesterol: 10.18mg (3.39%), Sodium: 20.65mg (0.9%), Alcohol: 0.02g (100%), Alcohol %: 0.17% (100%), Protein: 0.99g (1.99%), Copper: 0.13mg (6.72%), Manganese: 0.1mg (4.81%), Calcium: 36.3mg (3.63%), Iron: 0.62mg (3.45%), Selenium: 2.36µg (3.38%), Magnesium: 12.11mg (3.03%), Vitamin B1: 0.04mg (2.9%), Phosphorus: 25.77mg (2.58%), Folate: 8.04µg (2.01%), Zinc: 0.28mg (1.87%), Fiber: 0.43g (1.73%), Vitamin B2: 0.03mg (1.55%), Vitamin B6: 0.03mg (1.5%), Vitamin B3: 0.29mg (1.43%), Vitamin A: 66.09IU (1.32%)