

Sugar Free Kaiser Cookies



Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

16

CALORIES

calories

52 kcal

DESSERT

Ingredients

- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons butter
- ☐ 1 teaspoon artificial sweetener
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup water

Equipment

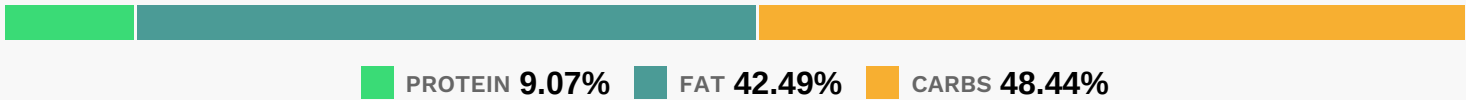
- ☐ frying pan

☐ waffle iron

Directions

- ☐ Beat margarine until fluffy.
- ☐ Add the sugar replacement, egg, and vanilla.
- ☐ Mix for one minute.
- ☐ Now add the flour and water to get a thin batter.
- ☐ Heat iron griddle and pour one tablespoon batter for each cookie. Cook till golden brown and turn, repeat when brown and remove to rack. Eat the crunchy cookie now or pour fresh fruit mixture over top and serve with sugar free ice cream. Very Good! NOTE: I use the waffle iron sometimes also – just don't burn them.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:4.31, Inflammation Score:-1, Nutrition Score:1.4552173747317%

Nutrients (% of daily need)

Calories: 51.96kcal (2.6%), Fat: 2.45g (3.77%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 5.89g (2.14%), Sugar: 0.13g (0.14%), Cholesterol: 10.23mg (3.41%), Sodium: 29.33mg (1.28%), Alcohol: 0.09g (100%), Alcohol %: 0.46% (100%), Protein: 1.18g (2.35%), Selenium: 3.49µg (4.99%), Vitamin B1: 0.06mg (4.18%), Folate: 15.62µg (3.9%), Vitamin B2: 0.05mg (3.08%), Manganese: 0.05mg (2.73%), Vitamin B3: 0.47mg (2.32%), Iron: 0.41mg (2.28%), Vitamin A: 108.75IU (2.17%), Phosphorus: 14.5mg (1.45%)