



## Swedish Cream Wafers

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



38 kcal

DESSERT

### Ingredients

- 0.3 cup butter softened
- 0.8 cup confectioners' sugar sifted
- 1 egg yolk
- 2 cups flour all-purpose sifted
- 0.3 cup granulated sugar for decoration
- 0.3 cup heavy whipping cream
- 2 drops food coloring red
- 1 teaspoon vanilla extract

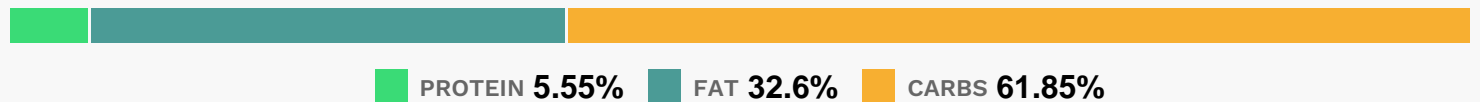
## Equipment

- baking sheet
- oven
- cookie cutter

## Directions

- Combine the 1 cup butter, cream and sifted flour.
- Mix well and chill for at least 1 hour.
- Preheat oven to 375 degrees F (190 degrees C).
- On a floured board, roll out 1/3 of the dough to 1/8 inch thick.
- Cut with 1 1/2 inch round cookie cutter.
- Transfer rounds to waxed paper heavily covered with white sugar. Turn rounds so that both sides are coated with sugar.
- Place rounds on ungreased baking sheets and prick each round with a fork about 4 times. Repeat with remaining dough.
- Bake at 375 degrees F (190 degrees C) for 7 to 9 minutes.
- Let cookies cool then put 2 cookies together with the filling.
- To Make Filling: Blend the remaining 1/4 cup of butter, the confectioners' sugar, egg yolk and vanilla together. Tint with food coloring, if desired. You may double the filling for a nicer looking cookie.

## Nutrition Facts



## Properties

Glycemic Index:3.25, Glycemic Load:3.08, Inflammation Score:-1, Nutrition Score:0.72173912766511%

## Nutrients (% of daily need)

Calories: 37.71kcal (1.89%), Fat: 1.37g (2.11%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.73g (2.08%), Sugar: 2.64g (2.93%), Cholesterol: 6.77mg (2.26%), Sodium: 6.71mg (0.29%),

Alcohol: 0.02g (100%), Alcohol %: 0.31% (100%), Protein: 0.52g (1.05%), Selenium: 1.65µg (2.35%), Vitamin B1: 0.03mg (2.24%), Folate: 8.14µg (2.04%), Vitamin B2: 0.03mg (1.5%), Manganese: 0.03mg (1.44%), Vitamin B3: 0.25mg (1.24%), Iron: 0.2mg (1.14%)