

Swedish Waffle Cookies

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



184 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 0.8 cup confectioners' sugar
- 1 egg yolk
- 1.5 cups flour all-purpose
- 6 tablespoons heavy cream

Equipment

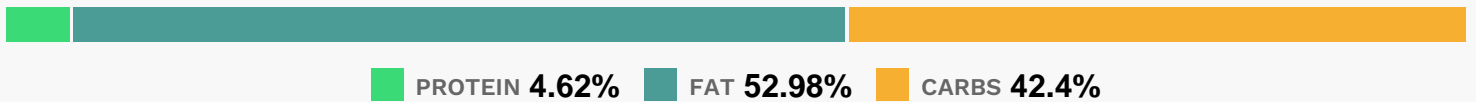
- bowl
- baking sheet

- oven
- cookie cutter
- spatula
- rolling pin
- cutting board

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a bowl, cream together 1 cup butter and the flour until smooth and creamy. Stir in heavy cream. Scrape dough into a ball.
- Sprinkle the white sugar on a cutting board.
- Roll out the dough to about a 1/4-inch thickness on the sugared surface. Using a 3-inch round cookie cutter, cut dough into 24 circles. Using the rolling pin, roll each circle into a slightly oval shape.
- Place cookies on an ungreased cookie sheet about an inch apart.
- Bake in the preheated oven until the edges of the cookies get very lightly brown, 10 to 12 minutes. Cool slightly on cookie sheet; then transfer them to cooling racks using a spatula.
- To make the filling, mix together 1/2 cup of butter, confectioners' sugar, egg yolk, and Swedish arrack punsch in a bowl. Beat until mixture is well blended and creamy.
- To assemble, spread about a rounded teaspoon of filling on the bottom of one cookie and place another cookie, bottom side down, on the filling to form a sandwich. Repeat with the rest of the cookies.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:8.63, Inflammation Score:-3, Nutrition Score:3.0943478081861%

Nutrients (% of daily need)

Calories: 184.2kcal (9.21%), Fat: 10.93g (16.81%), Saturated Fat: 6.75g (42.21%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 19.26g (7%), Sugar: 7.61g (8.46%), Cholesterol: 45.01mg (15%), Sodium: 64.02mg (2.78%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Selenium: 6.5µg (9.29%), Vitamin B1: 0.13mg (8.48%), Folate: 31.37µg (7.84%), Vitamin A: 368.24IU (7.36%), Vitamin B2: 0.1mg (6.11%), Manganese: 0.11mg (5.39%), Vitamin B3: 0.93mg (4.66%), Iron: 0.78mg (4.33%), Phosphorus: 29.34mg (2.93%), Vitamin E: 0.34mg (2.24%), Fiber: 0.42g (1.69%), Vitamin B5: 0.14mg (1.43%), Vitamin D: 0.2µg (1.34%), Copper: 0.03mg (1.25%), Calcium: 11.57mg (1.16%), Zinc: 0.17mg (1.14%), Magnesium: 4.23mg (1.06%)