

Vanilla Wafer Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



21

CALORIES



109 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 1 eggs
- 1.3 cups flour all-purpose
- 0.3 teaspoon salt
- 1 cup sugar
- 1 tablespoon vanilla extract

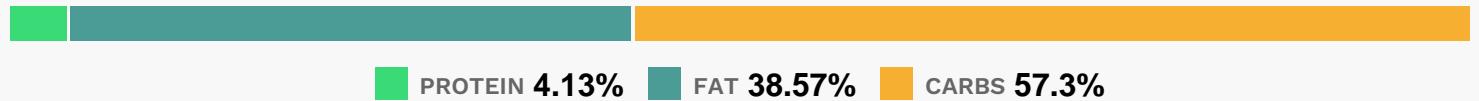
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, cream butter and sugar until light and fluffy. Beat in egg and vanilla.
- Combine dry ingredients; add to creamed mixture and mix well.
- Drop by teaspoonfuls 2 in. apart onto ungreased baking sheets.
- Bake at 350° for 12-15 minutes or until edges are golden brown.
- Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:11.07, Inflammation Score:-1, Nutrition Score:1.5639130473137%

Nutrients (% of daily need)

Calories: 109.16kcal (5.46%), Fat: 4.69g (7.22%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 15.68g (5.23%), Net Carbohydrates: 15.46g (5.62%), Sugar: 9.62g (10.68%), Cholesterol: 19.41mg (6.47%), Sodium: 80.86mg (3.52%), Alcohol: 0.21g (100%), Alcohol %: 1.05% (100%), Protein: 1.13g (2.26%), Selenium: 3.45µg (4.92%), Vitamin B1: 0.06mg (4.23%), Folate: 15.67µg (3.92%), Vitamin B2: 0.05mg (3.12%), Vitamin A: 146.38IU (2.93%), Manganese: 0.06mg (2.83%), Vitamin B3: 0.47mg (2.38%), Iron: 0.43mg (2.37%), Phosphorus: 17.18mg (1.72%), Calcium: 12.24mg (1.22%), Vitamin E: 0.15mg (1.01%)