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Wheat Mini ♦

A delicious and versatile recipe using wheat flour to make mini-sized treats. These bite-sized snacks are perfect for parties or as a quick snack on the go. They can be enjoyed plain or with your favorite toppings.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

250 g	Wheat Flour
1 tsp	salt
1 tsp	baking powder
100 g	butter
100 ml	milk

1 units egg

Directions

Step 1

In a mixing bowl, combine the wheat flour, salt, and baking powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add the butter to the dry ingredients and mix until crumbly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, whisk together the milk and egg.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the wet ingredients into the dry ingredients and mix until a dough forms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Rolling

Roll the dough into small balls and place them on a baking sheet.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Bake in the preheated oven for 15 minutes or until golden brown.

Prep Time: 0 mins

Cook Time: 15 mins

Step 8

Cooling

Remove from the oven and let cool before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 12 g

Protein: 4 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	2 mg	0.06%	0.08%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Snack

Supper

Course

Salads

Snacks

Cultural

Chinese New Year

Demographics

Senior Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Atkins Diet

Vegetarian Diet

Vegan Diet

Fruitarian Diet

Anti-Inflammatory Diet

The Acid Reflux Diet

Low Glycemic Index Diet

The Cabbage Soup Diet

The Mayo Clinic Diet

Difficulty Level

Medium

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