



## Angel's Heart Cookies

READY IN



45 min.

SERVINGS



42

CALORIES



69 kcal

DESSERT

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.8 teaspoon lemon extract
- ☐ 3 tablespoons milk
- ☐ 1.3 cups powdered sugar

- ☐ 0.7 cup ricotta cheese
- ☐ 0.3 teaspoon salt

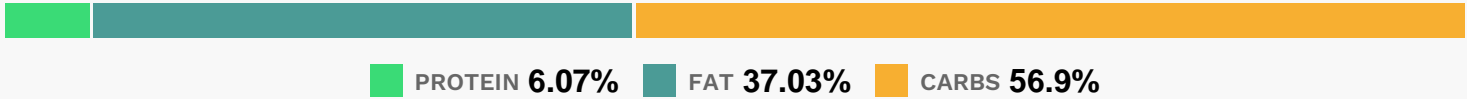
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ spatula

## Directions

- ☐ In a large bowl, with a mixer, beat 6 tablespoons butter and the granulated sugar until well blended.
- ☐ Add ricotta, egg, and 1/2 teaspoon lemon extract; beat until well mixed.
- ☐ In a medium bowl, mix flour, baking powder, baking soda, and salt.
- ☐ Add to butter mixture, stir to mix, then beat until well blended.
- ☐ Butter 14- by 17-inch baking sheets. Drop batter in 1-tablespoon portions about 1 1/2 inches apart on sheets.
- ☐ Bake cookies in a 325 oven until golden brown, 20 to 25 minutes. If baking more than 1 pan at once, switch pan positions every 10 minutes. With a wide spatula, transfer cookies to racks.
- ☐ Melt 2 tablespoons butter. In a deep bowl, mix butter, powdered sugar, 1/4 teaspoon lemon extract, and milk until smooth. One at a time, hold cookies by the edges and dip rounded tops into icing; set in a single layer, icing up, on racks and let stand until icing is firm, about 10 minutes.
- ☐ Serve, or store airtight up to 1 day; freeze to store longer.

## Nutrition Facts



## Properties

Glycemic Index:7.19, Glycemic Load:4.47, Inflammation Score:-1, Nutrition Score:1.0330434780892%

Nutrients (% of daily need)

Calories: 69.21kcal (3.46%), Fat: 2.88g (4.44%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 9.86g (3.59%), Sugar: 6.74g (7.49%), Cholesterol: 6.56mg (2.19%), Sodium: 62.99mg (2.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Selenium: 2.34µg (3.35%), Vitamin A: 122.35IU (2.45%), Vitamin B1: 0.03mg (2.2%), Vitamin B2: 0.04mg (2.15%), Folate: 8.32µg (2.08%), Phosphorus: 15.61mg (1.56%), Calcium: 14.41mg (1.44%), Manganese: 0.03mg (1.4%), Iron: 0.23mg (1.27%), Vitamin B3: 0.24mg (1.21%)