



## Blueberry Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



125 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup blueberries fresh
- 0.5 cup butter
- 2 eggs beaten
- 2.5 cups flour all-purpose
- 0.5 teaspoon lemon extract
- 0.5 cup milk
- 1 pinch salt

1 cup granulated sugar white

## Equipment

bowl

baking sheet

oven

## Directions

Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheet.

Sift together flour, baking powder and salt.

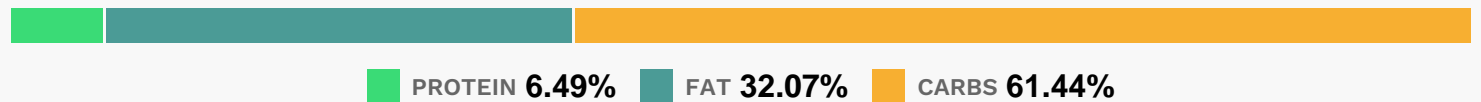
In a large bowl, cream butter or margarine with sugar. Beat in eggs and lemon flavoring.

Mix in milk and flour mixture alternately in three parts, starting with the milk. Gently mix in blueberries.

Drop batter by tablespoons onto prepared sheets 1 1/2 inches apart.

Bake 12 to 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:15.21, Glycemic Load:13.48, Inflammation Score:-2, Nutrition Score:2.8356521596079%

## Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 125.37kcal (6.27%), Fat: 4.52g (6.96%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 19.49g (6.5%), Net Carbohydrates: 18.99g (6.91%), Sugar: 9.23g (10.25%), Cholesterol: 24.42mg (8.14%), Sodium: 74.9mg (3.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Selenium: 5.74µg (8.2%), Vitamin B1: 0.11mg (7.27%), Folate: 26.06µg (6.52%), Manganese: 0.11mg (5.56%), Vitamin B2: 0.09mg (5.52%), Iron: 0.73mg (4.04%), Vitamin B3: 0.8mg (4.02%), Phosphorus: 35.63mg (3.56%), Calcium: 31.43mg (3.14%), Vitamin A: 149.55IU (2.99%), Fiber: 0.5g (2%), Vitamin K: 1.59µg (1.51%), Vitamin B5: 0.15mg (1.45%), Vitamin E: 0.19mg (1.29%), Copper: 0.03mg (1.28%), Zinc: 0.17mg (1.16%), Vitamin B12: 0.07µg (1.14%), Magnesium: 4.47mg (1.12%)