



Buttermilk Cookies

 Vegetarian

READY IN



300 min.

SERVINGS



66

CALORIES



70 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 3 tablespoons buttermilk well-shaken
- 1.5 cups confectioners sugar
- 2 large eggs
- 3 cups flour all-purpose
- 1.5 cups granulated sugar
- 1 teaspoon lemon zest grated
- 0.5 teaspoon salt

- 1.5 sticks butter unsalted softened
- 0.5 teaspoon vanilla extract pure

Equipment

- bowl
- baking sheet
- oven
- whisk
- hand mixer

Directions

- Preheat oven to 350°F with rack in middle. Butter 2 large baking sheets.
- Whisk together flour, zest, baking soda, and salt.
- Beat together butter and sugar in a large bowl with an electric mixer until pale and fluffy.
- Add eggs 1 at a time, beating well after each addition, then beat in vanilla.
- Mix in flour mixture and buttermilk alternately in batches at low speed, beginning and ending with flour mixture, until smooth.
- Drop level tablespoons of dough about 1 1/2 inches apart onto baking sheets.
- Bake, 1 sheet at a time, until cookies are puffed and edges are golden, 12 to 15 minutes per batch. Cool cookies on sheets 1 minute, then transfer cookies to racks.
- Whisk together all glaze ingredients and brush onto tops of warm cookies.
- Let stand until cookies are completely cooled and glaze is set.
- Cookies are best the day they're made but can be frozen, wrapped well, up to 1 month.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:6.32, Inflammation Score:-1, Nutrition Score:1.0656521665337%

Nutrients (% of daily need)

Calories: 69.9kcal (3.49%), Fat: 2.32g (3.57%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 11.48g (4.18%), Sugar: 7.26g (8.07%), Cholesterol: 11.23mg (3.74%), Sodium: 29.28mg (1.27%), Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Protein: 0.82g (1.64%), Selenium: 2.49µg (3.55%), Vitamin B1: 0.05mg (3.05%), Folate: 11.22µg (2.81%), Vitamin B2: 0.04mg (2.26%), Manganese: 0.04mg (1.99%), Vitamin B3: 0.34mg (1.69%), Iron: 0.3mg (1.64%), Vitamin A: 73.5IU (1.47%), Phosphorus: 10.34mg (1.03%)