



Citrus Shortbread Cookies

 Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



117 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 0.3 cup granulated sugar
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons lime zest grated
- ☐ 1.5 teaspoons orange zest grated
- ☐ 1 cup powdered sugar
- ☐ 1 tablespoons juice of lime

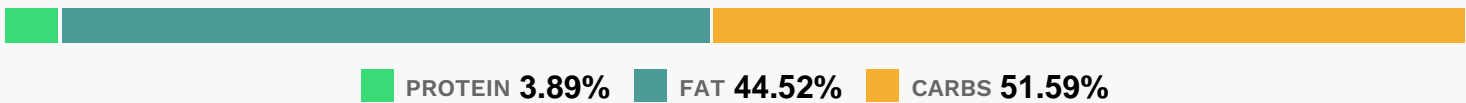
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. In large bowl, beat butter and granulated sugar with electric mixer on medium speed 2 to 3 minutes or until light and creamy.
- ☐ Add flour, lime peel and orange peel. Beat on low speed until mixture is blended. Gather dough into a ball.
- ☐ On lightly floured surface, roll dough into 8x6-inch rectangle, about 1/2 inch thick. (If dough cracks around edges, press edges to smooth.)
- ☐ Cut into 12 (2-inch) squares, then cut each square diagonally in half into triangles. On ungreased cookie sheet, place triangles 1/2 inch apart.
- ☐ Bake 12 to 17 minutes or until edges just begin to brown. Cool 1 minute; remove from cookie sheet to wire rack. Cool completely, about 15 minutes.
- ☐ In small bowl, mix powdered sugar and lime juice with spoon until smooth and thin enough to drizzle.
- ☐ Drizzle glaze over cookies.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:7.21, Inflammation Score:-2, Nutrition Score:1.802173913416%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 116.71kcal (5.84%), Fat: 5.82g (8.95%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 15.17g (5.06%), Net Carbohydrates: 14.87g (5.41%), Sugar: 7.01g (7.79%), Cholesterol: 0mg (0%), Sodium: 67.24mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.29%), Vitamin B1: 0.08mg (5.52%), Selenium: 3.58µg (5.11%), Vitamin A: 254.64IU (5.09%), Folate: 19.24µg (4.81%), Manganese: 0.07mg (3.57%), Vitamin B2: 0.06mg (3.27%), Vitamin B3: 0.62mg (3.09%), Iron: 0.49mg (2.72%), Vitamin E: 0.23mg (1.52%), Phosphorus: 13.02mg (1.3%), Fiber: 0.3g (1.2%)