



Corn Flour Lemon Cookies

 Vegetarian

READY IN



57 min.

SERVINGS



12

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 4 ounces almonds chopped
- ☐ 1.5 sticks butter softened
- ☐ 0.8 cup masa
- ☐ 4 egg yolks
- ☐ 0.8 cup flour all-purpose
- ☐ 2 lemon zest
- ☐ 1 pinch salt
- ☐ 1 cup sugar

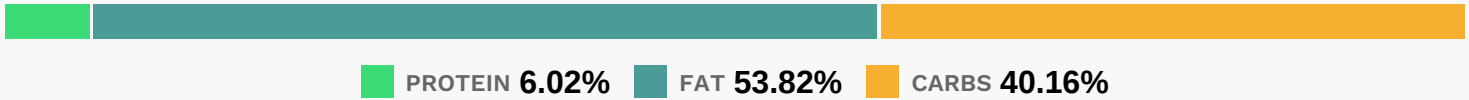
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In the bowl of a stand mixer with the paddle attachment, add the flours, sugar, butter, lemon zest and a pinch of salt.
- ☐ Mix on medium speed until the dough starts to form.
- ☐ Add the 4 egg yolks, 1 at a time, and mix briefly, just to incorporate. Spoon the dough onto a piece of parchment paper and roll into a log shape.
- ☐ Let the dough rest in the refrigerator for 30 minutes.
- ☐ Unroll dough from parchment paper and slice into half-inch thick cookie rounds.
- ☐ Place the rounds onto an un-greased cookie sheet and sprinkle with the finely chopped almonds.
- ☐ Bake for 10 to 12 minutes. The cookies should be set and light golden brown.

Nutrition Facts



Properties

Glycemic Index:17.09, Glycemic Load:16.04, Inflammation Score:-4, Nutrition Score:6.4930434952612%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 294.85kcal (14.74%), Fat: 18.17g (27.96%), Saturated Fat: 8.24g (51.52%), Carbohydrates: 30.52g (10.17%), Net Carbohydrates: 28.56g (10.38%), Sugar: 17.27g (19.18%), Cholesterol: 95.17mg (31.72%), Sodium: 97.77mg (4.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Vitamin E: 2.92mg (19.45%), Manganese: 0.31mg (15.28%), Vitamin B2: 0.19mg (11.4%), Selenium: 7.66µg (10.94%), Phosphorus: 96.32mg (9.63%), Vitamin A: 440.46IU (8.81%), Magnesium: 34.71mg (8.68%), Fiber: 1.96g (7.85%), Folate: 29.87µg (7.47%), Vitamin B1: 0.11mg (7.25%), Copper: 0.13mg (6.42%), Iron: 1mg (5.57%), Calcium: 49.09mg (4.91%), Vitamin B3: 0.93mg (4.67%), Zinc: 0.63mg (4.23%), Vitamin B6: 0.07mg (3.7%), Potassium: 108.56mg (3.1%), Vitamin B5: 0.29mg (2.91%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.32µg (2.16%), Vitamin C: 1.29mg (1.56%)