



## Cornmeal Cookies

 Vegetarian

READY IN



1500 min.

SERVINGS



8

CALORIES



247 kcal

DESSERT

### Ingredients

- 1 large egg yolk
- 0.8 cup flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup sugar
- 7 tablespoons butter unsalted softened
- 0.8 teaspoon vanilla extract pure
- 1 cup cornmeal yellow stone-ground (not )

### Equipment

- bowl
- baking sheet
- oven
- whisk
- plastic wrap
- hand mixer
- rolling pin

## Directions

- Preheat oven to 350°F with rack in middle.
- Whisk together cornmeal, flour, and salt. Beat butter, sugar, and vanilla with an electric mixer at medium speed, scraping down side of bowl occasionally, until pale and fluffy, about 5 minutes. Beat in egg and yolk until combined well. Reduce speed to low and add cornmeal mixture in a slow stream, mixing until just combined. Form dough into a 5-inch square and chill, wrapped in plastic wrap, until firm, about 30 minutes.
- Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 7-inch square (1/2 inch thick). Score dough in one direction with tines of a fork. Following scored marks, cut into 8 equal strips, then cut strips in half to form rectangles.
- Bake on an ungreased baking sheet until bottoms of cookies are pale golden, 15 to 18 minutes.
- Transfer to a rack to cool completely, about 1 hour.
- Cookies can be made 1 day ahead and kept in an airtight container at room temperature.

## Nutrition Facts



**PROTEIN 5.82%** **FAT 42.83%** **CARBS 51.35%**

## Properties

Glycemic Index:26.7, Glycemic Load:20.93, Inflammation Score:-3, Nutrition Score:4.8795651663905%

## Nutrients (% of daily need)

Calories: 246.81kcal (12.34%), Fat: 11.81g (18.17%), Saturated Fat: 6.72g (42.01%), Carbohydrates: 31.86g (10.62%), Net Carbohydrates: 29.68g (10.79%), Sugar: 8.73g (9.69%), Cholesterol: 49.29mg (16.43%), Sodium: 148.86mg (6.47%), Alcohol: 0.13g (100%), Alcohol %: 0.3% (100%), Protein: 3.61g (7.22%), Manganese: 0.21mg (10.53%),

Vitamin B1: 0.16mg (10.4%), Selenium: 6.53µg (9.33%), Fiber: 2.18g (8.74%), Folate: 31.67µg (7.92%), Phosphorus: 68.63mg (6.86%), Vitamin A: 336.77IU (6.74%), Iron: 1.2mg (6.69%), Vitamin B6: 0.13mg (6.52%), Magnesium: 24.24mg (6.06%), Vitamin B3: 1.19mg (5.95%), Vitamin B2: 0.09mg (5.51%), Zinc: 0.76mg (5.06%), Copper: 0.07mg (3.48%), Vitamin E: 0.42mg (2.8%), Vitamin B5: 0.25mg (2.47%), Potassium: 82.54mg (2.36%), Vitamin D: 0.3µg (1.99%), Vitamin B12: 0.06µg (1.04%)