

Cornmeal Cookies III

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



83 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup butter
- 0.3 cup powdered sugar for decoration
- 0.5 cup cornmeal
- 1 eggs
- 1 cup flour all-purpose
- 1 teaspoon lime
- 1 tablespoon juice of lime

- 1 teaspoon lime zest grated
- 0.3 teaspoon salt
- 0.3 cup granulated sugar white

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease your baking sheets.
- Beat the butter and 2/3 cup sugar together until creamy.
- Mix in the egg and lime extract. Blend well.
- In a separate bowl, combine the cornmeal, baking powder, salt and flour.
- Add the flour mixture to the butter mixture and mix well.
- Drop teaspoonfuls of the dough onto the prepared baking sheets. Dip the bottom of a glass, or similar round, flat object in the 1/4 cup sugar, and slightly flatten the balls of dough.
- Bake at 375 degrees F (190 degrees C) for 10 to 12 minutes or until cookie bottoms are lightly browned.
- Combine the lime zest, confectioners' sugar, and enough lime juice to make a spreadable glaze.
- Spread over the tops of cooled cookies.

Nutrition Facts



PROTEIN 5.43% **FAT 45.69%** **CARBS 48.88%**

Properties

Glycemic Index:17.48, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:1.5452174006597%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 83.01kcal (4.15%), Fat: 4.26g (6.56%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 9.8g (3.56%), Sugar: 3.8g (4.22%), Cholesterol: 16.99mg (5.66%), Sodium: 75.21mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Selenium: 2.6µg (3.71%), Vitamin B1: 0.05mg (3.47%), Folate: 11.74µg (2.93%), Manganese: 0.06mg (2.88%), Vitamin A: 128.48IU (2.57%), Vitamin B2: 0.04mg (2.33%), Iron: 0.4mg (2.2%), Phosphorus: 21.61mg (2.16%), Vitamin B3: 0.39mg (1.97%), Fiber: 0.46g (1.84%), Calcium: 13.13mg (1.31%), Magnesium: 5.11mg (1.28%), Vitamin B6: 0.03mg (1.27%), Zinc: 0.17mg (1.12%)