



Cornmeal Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



129 kcal

DESSERT

Ingredients

- 0.3 cup powdered sugar
- 2 tablespoons cornstarch
- 0.7 cup flour all-purpose
- 18 servings granulated sugar for sprinkling
- 1 teaspoon lemon zest grated
- 0.3 teaspoon salt
- 1 stick butter unsalted softened
- 0.5 teaspoon vanilla extract pure

0.3 cup cornmeal yellow

Equipment

food processor

bowl

baking sheet

oven

whisk

cookie cutter

rolling pin

Directions

Preheat oven to 350°F with rack in middle.

Whisk together flour, cornmeal, cornstarch, and salt.

Blend butter, confectioners sugar, vanilla, and zest in a food processor until creamy, about 30 seconds. Scrape down side of bowl, then add all of flour mixture and pulse until dough just begins to come together.

Roll out dough on a well-floured surface with a well-floured rolling pin to 1/3 inch thick.

Cut out as many rounds as possible with a 2-inch round cookie cutter or drinking glass and transfer to an ungreased large baking sheet. Reroll scraps and cut out more rounds.

Sprinkle tops with granulated sugar.

Bake until undersides are pale golden, 12 to 14 minutes.

Transfer to a rack to cool.

Nutrition Facts



Properties

Glycemic Index:11.87, Glycemic Load:11.89, Inflammation Score:-1, Nutrition Score:1.2065217345953%

Nutrients (% of daily need)

Calories: 128.95kcal (6.45%), Fat: 5.31g (8.16%), Saturated Fat: 3.26g (20.34%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 19.81g (7.2%), Sugar: 14.22g (15.8%), Cholesterol: 13.5mg (4.5%), Sodium: 33.43mg (1.45%), Alcohol: 0.04g (100%), Alcohol %: 0.17% (100%), Protein: 0.75g (1.51%), Vitamin A: 156.94IU (3.14%), Vitamin B1: 0.04mg (2.89%), Selenium: 1.88µg (2.68%), Manganese: 0.05mg (2.37%), Folate: 9.43µg (2.36%), Vitamin B2: 0.03mg (1.76%), Vitamin B3: 0.33mg (1.66%), Iron: 0.29mg (1.64%), Fiber: 0.35g (1.41%), Phosphorus: 11.61mg (1.16%), Vitamin E: 0.16mg (1.05%)