



Cream Cheese Meltaways with Lemon Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.5 cup cornstarch
- ☐ 5.5 ounces flour all-purpose
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 cup powdered sugar
- ☐ 1.8 cups powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

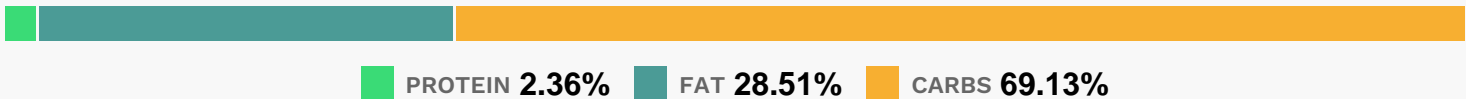
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ To prepare cookies, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, cornstarch, and salt in a medium bowl, stirring well with a whisk.
- ☐ Combine 1 cup powdered sugar, butter, cheese, and vanilla in a large bowl; beat with a mixer at medium speed until light and fluffy (about 4 minutes).
- ☐ Add flour mixture; stir until just combined (dough will be dry and crumbly). Shape dough into 36 (1-inch) balls.
- ☐ Place balls 2 inches apart on baking sheets.
- ☐ Bake at 375 for 10 minutes or until bottoms of cookies are lightly browned. Cool 5 minutes on pans on wire racks.
- ☐ Remove from pans; cool completely on wire racks.
- ☐ To prepare glaze, combine 1 3/4 cups powdered sugar and lemon juice, stirring with a whisk until smooth. Dip tops of cookies in glaze; place on wire racks.
- ☐ Let cookies stand for 30 minutes or until glaze is set.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:2.39, Inflammation Score:-1, Nutrition Score:0.79478260680385%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 81.5kcal (4.07%), Fat: 2.6g (4.01%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 14.07g (5.12%), Sugar: 9.04g (10.04%), Cholesterol: 6.78mg (2.26%), Sodium: 28.8mg (1.25%), Alcohol: 0.04g (100%), Alcohol %: 0.24% (100%), Protein: 0.48g (0.97%), Vitamin B1: 0.03mg (2.31%), Selenium: 1.61µg (2.29%), Folate: 8.36µg (2.09%), Vitamin A: 78.89IU (1.58%), Manganese: 0.03mg (1.57%), Vitamin B2: 0.02mg (1.45%), Vitamin B3: 0.26mg (1.3%), Iron: 0.22mg (1.21%)