



Glazed Lemon Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



69 kcal

DESSERT

Ingredients

- ☐ 1 cup confectioners' sugar
- ☐ 2 large egg yolks
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh plus more if necessary
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.8 cup butter unsalted at room temperature ()

☐ 0.5 teaspoon vanilla extract pure

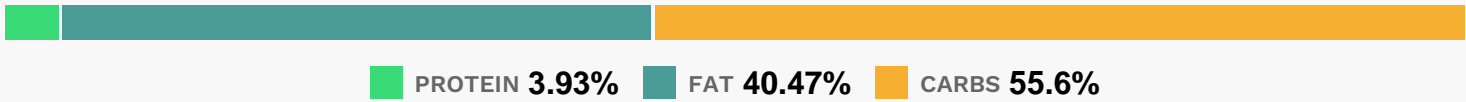
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ With an electric mixer, beat the butter and granulated sugar until fluffy.
- ☐ Add the egg yolks, vanilla, and salt and beat to combine. Gradually add the flour, mixing until just incorporated. Divide the dough in half and shape into 1 1/4-inch-diameter logs. Wrap in wax paper and refrigerate until firm, about 30 minutes.
- ☐ Heat oven to 350 F. Slice the logs into 3/8-inch-thick pieces and space them 1 1/2 inches apart on parchment-lined baking sheets.
- ☐ Bake until lightly golden, 16 to 20 minutes.
- ☐ Let cool on the baking sheets for 5 minutes, then transfer to cooling racks to cool completely. In a small bowl, whisk together the confectioners' sugar, lemon juice, and zest until it forms a thick but pourable glaze (add more lemon juice if necessary). Dip the top of each cookie into the glaze and let set, about 15 minutes. To Wrap: Give a nut tin a second life. Wipe it clean with a damp towel, then peel off the label. Tie a bow with extra-wide ribbon to hide any glue remnants. Note: If nut allergies are a concern, use a coffee can instead. To Freeze: Instead of refrigerating the dough, freeze the logs for up to 2 months. To bake, follow the recipe instructions, cutting and baking the dough from frozen, and use the upper end of the time range.

Nutrition Facts



Properties

Glycemic Index:3.02, Glycemic Load:5.06, Inflammation Score:-1, Nutrition Score:1.0273913086756%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 68.7kcal (3.44%), Fat: 3.13g (4.81%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 9.52g (3.46%), Sugar: 5.61g (6.23%), Cholesterol: 15.28mg (5.09%), Sodium: 13.04mg (0.57%), Alcohol: 0.01g (100%), Alcohol %: 0.11% (100%), Protein: 0.68g (1.37%), Selenium: 2.23µg (3.19%), Vitamin B1: 0.04mg (2.83%), Folate: 10.8µg (2.7%), Vitamin A: 98.91IU (1.98%), Vitamin B2: 0.03mg (1.88%), Manganese: 0.04mg (1.82%), Vitamin B3: 0.31mg (1.55%), Iron: 0.27mg (1.48%)