

Glittering Lemon Sandwich Cookies

READY IN



300 min.

SERVINGS



50

CALORIES



81 kcal

DESSERT

Ingredients

- ☐ 50 servings colored sanding sugars white
- ☐ 1 cup confectioners sugar
- ☐ 2 tablespoons plus light
- ☐ 0.7 cup cornstarch
- ☐ 1.3 cups flour all-purpose
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 stick butter unsalted softened

- ☐ 1 teaspoon vanilla

Equipment

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

Directions

- ☐ Preheat oven to 350°F with rack in middle. Line 2 large baking sheets with parchment paper.
- ☐ Whisk together flour, cornstarch, and salt.
- ☐ Beat together butter and confectioners sugar with an electric mixer until pale and fluffy, then beat in zest and vanilla. At low speed, mix in flour mixture just until a soft dough forms.
- ☐ Put sanding sugars in different bowls.
- ☐ Roll a scant teaspoon of dough into a ball and drop into sugar, turning to coat. Reshape if necessary and transfer to a baking sheet. Repeat, spacing balls 3/4 inch apart, until baking sheet is filled.
- ☐ Bake until tops are slightly cracked but still pale (bottoms will be pale golden), 12 to 15 minutes.
- ☐ Transfer cookies on parchment to a rack to cool completely.
- ☐ Form and bake more cookies on second baking sheet.
- ☐ Beat together all filling ingredients in a large bowl with an electric mixer at medium speed until combined well.
- ☐ Transfer to sealable bag and snip off a corner.
- ☐ Turn over half of cookies and pipe about 1/2 teaspoon filling on flat side of each. Sandwich with remaining cookies, pressing gently.
- ☐ Cookies keep in a metal cookie tin at room temperature 4 days.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:1.97, Inflammation Score:-1, Nutrition Score:0.54956521604048%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Nutrients (% of daily need)

Calories: 81.22kcal (4.06%), Fat: 1.47g (2.27%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 16.62g (5.54%), Net Carbohydrates: 16.5g (6%), Sugar: 12.16g (13.51%), Cholesterol: 2.43mg (0.81%), Sodium: 12.58mg (0.55%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 0.36g (0.72%), Vitamin B1: 0.03mg (1.79%), Selenium: 1.21µg (1.73%), Folate: 6.21µg (1.55%), Manganese: 0.02mg (1.2%), Vitamin B2: 0.02mg (1.03%)