



Grandma Babe's Lemon Knots

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons double-acting baking powder
- 6 tablespoons butter softened
- 2 large eggs
- 13.5 ounces flour
- 0.5 cup granulated sugar
- 0.3 cup juice of lemon fresh
- 3 tablespoons juice of lemon fresh
- 1 tablespoon lemon rind finely grated

- 1 tablespoon buttermilk low-fat
- 2 cups powdered sugar
- 0.3 teaspoon salt

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- blender
- wooden spoon
- measuring cup

Directions

- Preheat oven to 37
- To prepare cookies, place granulated sugar and butter in a large bowl; beat with a mixer at medium speed 3 minutes or until light and fluffy. Beat in rind and 1/4 cup juice.
- Add eggs, 1 at a time, beating well after each addition (mixture will look curdled).
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, and salt, stirring well with a whisk.
- Add flour mixture to sugar mixture; stir with a wooden spoon to form a stiff dough. Turn dough out onto a floured surface; knead 10 to 15 times to form a smooth dough.
- Divide dough into 8 equal portions. Working with 1 portion at a time (cover remaining dough to prevent drying), shape each portion into a 30-inch-long rope; cut each rope crosswise into 6 (5-inch) pieces. Tie each dough piece into a knot.
- Place knots on 2 baking sheets coated with cooking spray.
- Bake 1 sheet at a time at 375 for 8 minutes or until bottoms of cookies are lightly browned and tops are still pale.

- Remove cookies from pan; cool on wire racks.
- To prepare glaze, combine powdered sugar, 3 tablespoons juice, and buttermilk; stir until smooth. Dip tops of cookies into glaze; dry on racks.

Nutrition Facts



Properties

Glycemic Index:5.98, Glycemic Load:5.9, Inflammation Score:-1, Nutrition Score:1.5139130561248%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 72.78kcal (3.64%), Fat: 1.71g (2.63%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 13.16g (4.79%), Sugar: 7.08g (7.86%), Cholesterol: 11.52mg (3.84%), Sodium: 44.76mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Selenium: 3.41µg (4.87%), Vitamin B1: 0.06mg (4.28%), Folate: 16.1µg (4.02%), Vitamin B2: 0.05mg (3.04%), Manganese: 0.06mg (2.78%), Iron: 0.43mg (2.4%), Vitamin B3: 0.48mg (2.38%), Phosphorus: 17.28mg (1.73%), Calcium: 13.32mg (1.33%), Vitamin C: 1.02mg (1.24%), Vitamin A: 55.32IU (1.11%)