



Guyanese Lime Cookies

 Vegetarian

READY IN



93 min.

SERVINGS



48

CALORIES



61 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup butter softened
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 tablespoons juice of lime
- ☐ 1 teaspoon lime zest
- ☐ 0.5 teaspoon salt

☐ 1 cup sugar white

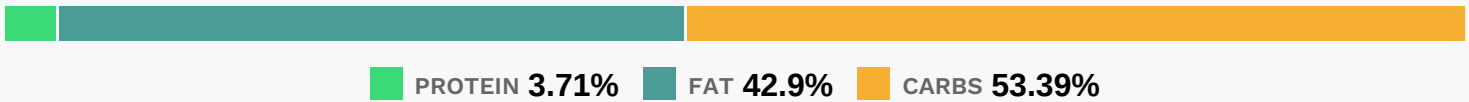
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease 2 large baking sheets. Stir together the flour, baking powder, salt, 1/2 teaspoon nutmeg, and 1/2 teaspoon cinnamon in a bowl; set aside. Stir together 1/3 cup sugar, 1/4 teaspoon nutmeg, and 1/4 teaspoon cinnamon in a separate bowl and set aside.
- ☐ Cream together the butter, 1 cup sugar, and lime zest in a large bowl until light and fluffy. Gradually beat in the lime juice, then the flour mixture 1/2 cup at a time. Form the dough into walnut-sized balls, and roll in the spiced sugar mixture. Arrange onto prepared baking sheets 1 inch apart. Flatten the balls slightly using a decorative cookie stamp or the bottom of a glass.
- ☐ Bake the cookies in the preheated oven until the edges of the cookies turn golden brown, 13 to 16 minutes. Cool the cookies on wire racks, then store in an airtight container up to 1 week.

Nutrition Facts



Properties

Glycemic Index:8.21, Glycemic Load:5.81, Inflammation Score:-1, Nutrition Score:0.92304346969594%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg

Nutrients (% of daily need)

Calories: 60.8kcal (3.04%), Fat: 2.95g (4.53%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 8.09g (2.94%), Sugar: 4.19g (4.66%), Cholesterol: 7.63mg (2.54%), Sodium: 56.03mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.15%), Vitamin B1: 0.04mg (2.76%), Selenium: 1.83µg (2.61%), Folate: 9.74µg (2.44%), Manganese: 0.04mg (1.9%), Vitamin A: 89.17IU (1.78%), Vitamin B2: 0.03mg (1.64%), Vitamin B3: 0.31mg (1.55%), Iron: 0.26mg (1.42%)