



Heart-Shaped Cookies

READY IN



45 min.

SERVINGS



54

CALORIES



70 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 54 servings orange liquid food colorings green
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 cup milk

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 1.3 cups sugar

Equipment

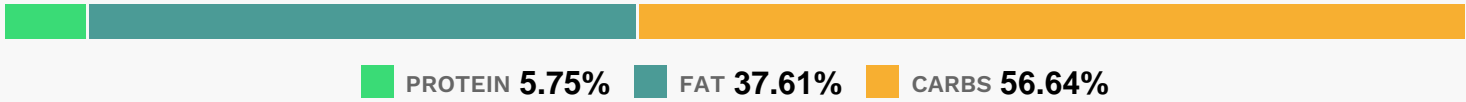
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cookie cutter
- ☐ ziploc bags

Directions

- ☐ Beat butter and shortening at medium speed with an electric mixer until creamy. Gradually add sugar, beating well.
- ☐ Add eggs and milk, beating until blended.
- ☐ Combine flour and next 3 ingredients.
- ☐ Add to butter mixture, beating at low speed just until blended; stir in lemon rind and juice. Divide dough into 4 equal portions; wrap each in plastic wrap, and chill at least 2 hours or up to 6 hours.
- ☐ Roll 1 dough portion to a 1/4-inch thickness on a lightly floured surface.
- ☐ Cut with a 3-inch heart-shaped cookie cutter, and place on lightly greased baking sheets. Repeat procedure with remaining dough portions.
- ☐ Bake at 350 for 8 to 9 minutes or until lightly browned on bottoms.
- ☐ Let cool on baking sheets 2 minutes; remove to wire racks, and cool 20 minutes or until completely cool.
- ☐ Remove and reserve about 1/4 cup Icing. Tint remaining Icing with green food coloring.
- ☐ Spread green-tinted icing on tops of cookies. Tint reserved 1/4 cup Icing with orange food coloring, and spoon into a zip-top plastic bag. Snip 1 corner to make a small hole; pipe dots on cookies.

- ☐
- Note: To make ahead, bake and cool cookies as directed. Do not frost.
- ☐
- Place in airtight containers, and freeze up to 1 month. Thaw and frost as directed.

Nutrition Facts



Properties

Glycemic Index:6.02, Glycemic Load:7.11, Inflammation Score:-1, Nutrition Score:1.3382608676734%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

Nutrients (% of daily need)

Calories: 70.21kcal (3.51%), Fat: 2.96g (4.56%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 9.84g (3.58%), Sugar: 4.73g (5.25%), Cholesterol: 11.59mg (3.86%), Sodium: 56.46mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Selenium: 3µg (4.29%), Vitamin B1: 0.06mg (3.76%), Folate: 13.68µg (3.42%), Vitamin B2: 0.05mg (2.74%), Manganese: 0.05mg (2.41%), Vitamin B3: 0.41mg (2.07%), Iron: 0.37mg (2.04%), Phosphorus: 14.83mg (1.48%), Vitamin A: 64.99IU (1.3%)