

# Honey Lemon Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



171 kcal

DESSERT

## Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup butter softened
- 1 eggs
- 2.3 cups flour all-purpose
- 0.5 cup honey
- 1 teaspoon lemon zest grated
- 0.3 teaspoon salt
- 0.5 cup sugar

0.5 cup wheat germ divided toasted

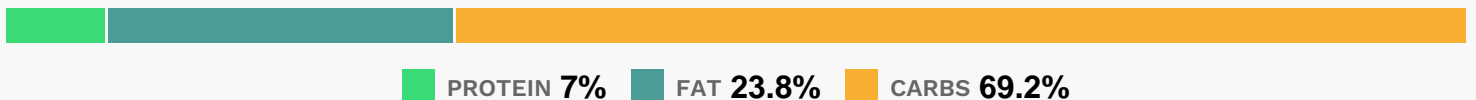
## Equipment

- bowl
- baking sheet
- oven
- ziploc bags

## Directions

- In a bowl, cream butter and sugar. Beat in the honey, egg and lemon peel.
- Combine the flour, 1/4 cup wheat germ, baking powder and salt; gradually add to creamed mixture. Cover and refrigerate for 1 hour or until easy to handle.
- Roll dough into 1-in. balls; roll in remaining wheat germ.
- Place 2 in. apart on baking sheets coated with cooking spray.
- Bake at 350° for 11-12 minutes or until lightly browned.
- Remove to wire racks to cool. Store in a resealable plastic bag.

## Nutrition Facts



## Properties

Glycemic Index:21.21, Glycemic Load:18.68, Inflammation Score:-2, Nutrition Score:5.4134782112163%

## Nutrients (% of daily need)

Calories: 171.22kcal (8.56%), Fat: 4.64g (7.14%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 29.36g (10.68%), Sugar: 15g (16.67%), Cholesterol: 20.4mg (6.8%), Sodium: 98.43mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Manganese: 0.61mg (30.38%), Selenium: 9.82µg (14.03%), Vitamin B1: 0.21mg (13.8%), Folate: 43.93µg (10.98%), Vitamin B2: 0.12mg (7.31%), Vitamin B3: 1.3mg (6.5%), Iron: 1.17mg (6.48%), Phosphorus: 61.74mg (6.17%), Zinc: 0.63mg (4.19%), Fiber: 0.98g (3.94%), Magnesium: 13.18mg (3.29%), Vitamin B6: 0.06mg (3.1%), Copper: 0.06mg (3.02%), Vitamin A: 133.09IU (2.66%), Calcium: 22.29mg (2.23%), Vitamin B5: 0.21mg (2.13%), Potassium: 61.69mg (1.76%)