



## Iced Lemon Tulip Cookies

 Vegetarian

READY IN



120 min.

SERVINGS



24

CALORIES



192 kcal

DESSERT

### Ingredients

- ☐ 7.5 ounces flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 3.5 cups powdered sugar
- ☐ 1 eggs
- ☐ 3 ounces egg whites
- ☐ 1 teaspoon lemon zest packed
- ☐ 0.5 teaspoon salt
- ☐ 3.5 ounces sugar

- ☐ 24 servings sugar
- ☐ 6 tablespoons butter unsalted at room temperature

## Equipment

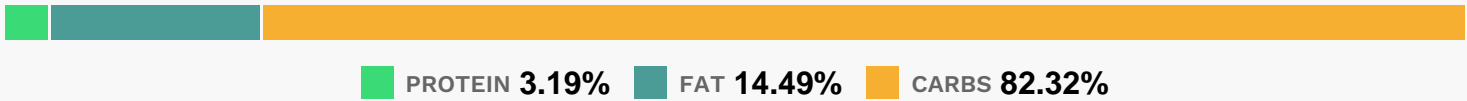
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ stand mixer

## Directions

- ☐ For The Cookies: In a medium bowl, whisk together flour, baking powder, and salt; set aside. In the bowl of a stand mixer fitted with a paddle attachment, beat together butter and sugar until light and fluffy, about 3 minutes. Beat in egg, lemon juice, and lemon zest.
- ☐ Add dry ingredients and mix until just combined. Divide dough in two, wrap each section in plastic wrap, and refrigerate for 30 minutes.
- ☐ Adjust oven rack to middle and lower positions and preheat oven to 350°F. Line two baking sheets with parchment paper. Flour a clean work surface. Unwrap one of the balls of dough, leaving the other in the fridge until you are ready to use it.
- ☐ Roll it out until 1/4-inch thick, occasionally picking it up and reflouring the board to avoid sticking. Use your cookie cutter to cut out shapes, then transfer them to the prepared baking sheet. Continue until all dough is used.
- ☐ Bake cookies until golden at the edges, 12 to 15 minutes.
- ☐ Let cool 5 minutes then transfer to a wire rack to finish cooling completely.
- ☐ For Decorating: While cookies are cooling, whisk together egg whites and confectioners sugar until smooth.

Place colored sanding sugar or sprinkles in a shallow bowl. Use a small knife or brush to cover a cookie with icing, then lightly press cookie, icing side down, onto sprinkles to coat. Repeat with remaining cookies.

## Nutrition Facts



### Properties

Glycemic Index:12.8, Glycemic Load:16.18, Inflammation Score:-1, Nutrition Score:1.7317391232304%

### Nutrients (% of daily need)

Calories: 192.08kcal (9.6%), Fat: 3.16g (4.86%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 40.37g (13.46%), Net Carbohydrates: 40.12g (14.59%), Sugar: 33.28g (36.98%), Cholesterol: 14.35mg (4.78%), Sodium: 66.85mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Selenium: 4.51µg (6.45%), Vitamin B1: 0.07mg (4.71%), Vitamin B2: 0.08mg (4.43%), Folate: 17.33µg (4.33%), Manganese: 0.06mg (3.15%), Vitamin B3: 0.53mg (2.65%), Iron: 0.48mg (2.64%), Vitamin A: 97.41IU (1.95%), Phosphorus: 16.41mg (1.64%)