

## Key Lime Cookies II

 Vegetarian

READY IN



35 min.

SERVINGS



18

CALORIES



207 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 1.5 cups powdered sugar
- 2 cups oatmeal cornflakes crushed
- 1 eggs
- 1 cup flour all-purpose
- 2 tablespoons juice of lime
- 2 teaspoons lime zest grated

0.3 teaspoon salt

## Equipment

bowl

baking sheet

oven

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, cream together the butter and confectioners' sugar until smooth.

Mix in the egg, lime juice and lime zest.

Mixture may appear curdled, but that's okay.

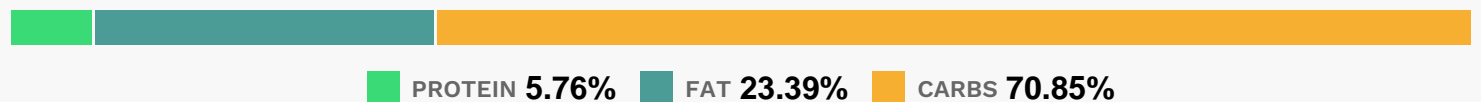
Combine the flour, baking powder and salt; stir into the lime mixture until well blended. Drop batter by teaspoonfuls into the cornflake crumbs.

Place cookies 2 inches apart onto ungreased cookie sheets.

Bake for 12 to 15 minutes in the preheated oven, until edges are golden.

Remove from cookie sheets to cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:13.83, Glycemic Load:3.9, Inflammation Score:-6, Nutrition Score:11.333478356185%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 207.33kcal (10.37%), Fat: 5.52g (8.49%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 36.57g (13.3%), Sugar: 12.34g (13.71%), Cholesterol: 22.65mg (7.55%), Sodium: 291.88mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Iron: 8mg (44.43%), Vitamin B1: 0.41mg

(27.24%), Folate: 108.08µg (27.02%), Vitamin B2: 0.45mg (26.43%), Vitamin B3: 5.12mg (25.61%), Vitamin B6: 0.48mg (23.93%), Vitamin B12: 1.35µg (22.45%), Vitamin A: 641.22IU (12.82%), Selenium: 5.41µg (7.73%), Vitamin C: 6.09mg (7.38%), Vitamin D: 1µg (6.63%), Manganese: 0.09mg (4.65%), Phosphorus: 45.81mg (4.58%), Fiber: 1.07g (4.27%), Copper: 0.07mg (3.26%), Magnesium: 12.41mg (3.1%), Zinc: 0.35mg (2.34%), Calcium: 18.72mg (1.87%), Potassium: 58.91mg (1.68%), Vitamin E: 0.21mg (1.41%), Vitamin B5: 0.14mg (1.38%)