



Lavender and Citrus Sugar Cookies

 Vegetarian

READY IN



240 min.

SERVINGS



60

CALORIES



83 kcal

DESSERT

Ingredients

- ☐ 1.5 cups butter softened
- ☐ 1 extra large eggs
- ☐ 1 extra large egg yolk
- ☐ 3.5 cups flour all-purpose
- ☐ 2.5 teaspoons lavender flowers dried crushed
- ☐ 3.5 teaspoons lemon zest finely grated
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 cup sugar white

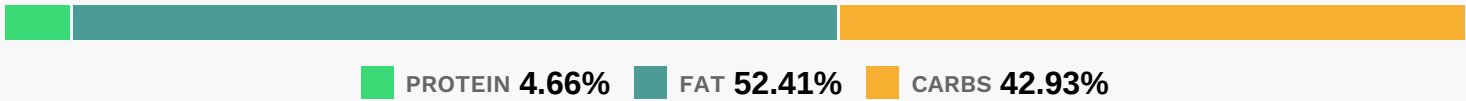
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ stand mixer

Directions

- ☐ Beat butter and sugar in the work bowl of a stand mixer until mixture is creamy; beat egg, egg yolk, lemon zest, lavender, and vanilla extract into butter-sugar mixture at low speed. Beat flour into moist ingredients, 1 cup at a time, to make a workable dough. Form dough into a ball, cover with plastic wrap, and refrigerate for 3 hours.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Roll dough out on a floured work surface to a thickness of about 1/8 inch.
- ☐ Cut dough into shapes using cookie cutters and place cookies onto baking sheets.
- ☐ Bake in the preheated oven until firm, 9 to 10 minutes. Allow cookies to cool on sheets for 2 to 5 minutes before transferring to wire racks to finish cooling.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:6.35, Inflammation Score:-1, Nutrition Score:1.3804347722427%

Nutrients (% of daily need)

Calories: 82.57kcal (4.13%), Fat: 4.86g (7.47%), Saturated Fat: 2.99g (18.66%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 8.74g (3.18%), Sugar: 3.36g (3.74%), Cholesterol: 18.91mg (6.3%), Sodium: 38.15mg (1.66%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 0.97g (1.94%), Selenium: 3µg (4.29%), Vitamin B1: 0.06mg (3.9%), Folate: 14.41µg (3.6%), Vitamin A: 151.87IU (3.04%), Vitamin B2: 0.04mg (2.62%), Manganese: 0.05mg (2.52%), Vitamin B3: 0.43mg (2.17%), Iron: 0.37mg (2.06%), Phosphorus: 12.27mg (1.23%), Vitamin E: 0.15mg (1.03%)