



Lemon and Lavender Glazed Lemon Shortbread

 Vegetarian

READY IN



130 min.

SERVINGS



12

CALORIES



211 kcal

DESSERT

Ingredients

- 1 cup confectioners' sugar
- 1.5 cups flour all-purpose
- 1.5 tablespoons lavender flowers dried
- 0.8 teaspoon juice of lemon
- 0.8 teaspoon lemon zest
- 1 tablespoon meyer lemon juice or as needed
- 0.5 cup milk

- 0.3 teaspoon salt
- 0.8 cup butter unsalted at room temperature
- 1.5 tablespoons sugar white

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- hand mixer

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Beat butter, 1/4 cup confectioners' sugar, white sugar, lemon zest, and salt together in a bowl with an electric mixer until fluffy. Gradually sift flour into batter, stirring in each addition; add 3/4 teaspoon lemon juice. Gently knead until dough holds together. Press dough into an 8x8-inch pan.
- Bake in the preheated oven until shortbread is lightly browned around the edges, 30 to 40 minutes. Cool in pan to lukewarm temperature and transfer to a wire rack to cool completely.
- Warm milk in a saucepan over medium heat; cook, stirring constantly, until milk begin to boil.
- Remove from heat and add lavender flowers. Cover pan and steep until fragrant, 6 to 10 minutes. Strain and discard flowers. Gradually whisk 1 cup confectioners' sugar, 1 tablespoon at a time, alternating with 1 tablespoon Meyer lemon juice, until glaze is smooth and opaque.
- Spread over cooled shortbread. Refrigerate to allow glaze to harden, about 30 minutes.

Nutrition Facts



PROTEIN 3.93% **FAT 50.68%** **CARBS 45.39%**

Properties

Glycemic Index:15.26, Glycemic Load:9.85, Inflammation Score:-3, Nutrition Score:3.2047826259033%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 210.7kcal (10.53%), Fat: 12.01g (18.48%), Saturated Fat: 7.5g (46.89%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 23.77g (8.65%), Sugar: 11.86g (13.18%), Cholesterol: 31.72mg (10.57%), Sodium: 54.42mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.19%), Vitamin B1: 0.13mg (8.63%), Selenium: 5.7µg (8.15%), Vitamin A: 376.8IU (7.54%), Folate: 29.35µg (7.34%), Vitamin B2: 0.1mg (5.8%), Manganese: 0.11mg (5.42%), Vitamin B3: 0.94mg (4.71%), Iron: 0.77mg (4.3%), Phosphorus: 30.69mg (3.07%), Vitamin E: 0.35mg (2.31%), Calcium: 22.78mg (2.28%), Vitamin D: 0.32µg (2.16%), Fiber: 0.44g (1.76%), Vitamin B12: 0.08µg (1.32%), Copper: 0.03mg (1.3%), Magnesium: 5.05mg (1.26%), Vitamin B5: 0.12mg (1.24%), Vitamin C: 0.99mg (1.2%), Zinc: 0.17mg (1.11%), Potassium: 37.42mg (1.07%), Vitamin K: 1.07µg (1.02%)