



## Lemon-Basil Butter Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



78

CALORIES



96 kcal

DESSERT

### Ingredients

- 78 servings garnish: basil sprigs fresh
- 1 pound butter softened
- 1 large eggs
- 6 cups flour all-purpose
- 1 cup lemon-basil leaves fresh
- 0.3 cup juice of lemon
- 1.8 cups sugar divided

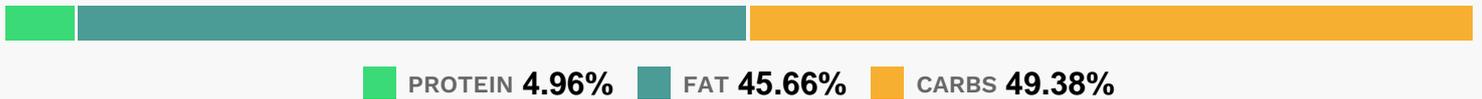
### Equipment

- food processor
- baking sheet
- oven
- hand mixer

## Directions

- Process basil and 1/4 cup sugar in a food processor until blended.
- Beat butter at medium speed with an electric mixer until creamy; gradually add remaining 1 1/2 cups sugar, beating well.
- Add lemon juice and egg, beating until blended. Gradually add flour and basil mixture, beating until blended.
- Shape dough into 1-inch balls, and place 2 inches apart on lightly greased baking sheets. Flatten slightly with bottom of a glass dipped in sugar.
- Bake at 350 for 8 to 10 minutes or until lightly browned. Cool on wire racks.
- Garnish, if desired.
- \* Plain fresh basil leaves may be substituted for lemon-basil leaves.

## Nutrition Facts



## Properties

Glycemic Index:4.3, Glycemic Load:8.46, Inflammation Score:-2, Nutrition Score:2.3526087014571%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 95.59kcal (4.78%), Fat: 4.9g (7.54%), Saturated Fat: 3.03g (18.91%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 11.63g (4.23%), Sugar: 4.54g (5.04%), Cholesterol: 14.89mg (4.96%), Sodium: 38.64mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin K: 10.01µg (9.54%), Vitamin A: 270.56IU (5.41%), Vitamin B1: 0.08mg (5.13%), Selenium: 3.55µg (5.07%), Folate: 19.8µg (4.95%), Manganese: 0.09mg (4.63%), Vitamin B2: 0.06mg (3.24%), Iron: 0.53mg (2.97%), Vitamin B3: 0.59mg (2.96%), Phosphorus: 14.4mg

(1.44%), Fiber: 0.3g (1.2%), Copper: 0.02mg (1.18%), Vitamin E: 0.17mg (1.11%)