



Lemon-Basil Snaps

 Vegetarian

READY IN



15 min.

SERVINGS



100

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup butter softened
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup lemon basil leaves fresh minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.3 cup pistachios finely chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 3 tablespoons sugar

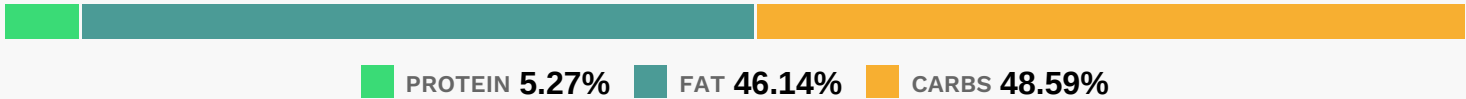
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with electric mixer until fluffy; add 3/4 cup sugar, beating well.
- ☐ Add egg and next 3 ingredients, beating until blended.
- ☐ Combine flour, baking soda, and salt; gradually add to butter mixture, beating until blended. Cover and chill 1 hour.
- ☐ Combine nuts and 3 tablespoons sugar in a shallow bowl.
- ☐ Shape dough into 1-inch balls; roll in nut mixture, and place 2 inches apart on ungreased baking sheets. Flatten slightly with hands or bottom of a glass.
- ☐ Bake at 350 for 10 to 12 minutes or until golden brown.
- ☐ Remove to wire racks to cool.
- ☐ *Fresh sweet basil may be substituted.

Nutrition Facts



Properties

Glycemic Index:3.53, Glycemic Load:2.69, Inflammation Score:-1, Nutrition Score:0.58869564857172%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg

Epigallocatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg
Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Quercetin: 0.01mg, Quercetin:
0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 31.57kcal (1.58%), Fat: 1.65g (2.53%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 3.9g (1.3%), Net
Carbohydrates: 3.78g (1.38%), Sugar: 1.9g (2.12%), Cholesterol: 5.52mg (1.84%), Sodium: 23.02mg (1%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 0.42g (0.85%), Vitamin B1: 0.02mg (1.57%), Selenium: 1.06µg (1.51%), Folate:
5.16µg (1.29%), Manganese: 0.02mg (1.16%), Vitamin A: 51.21IU (1.02%)