

Lemon Biqs

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

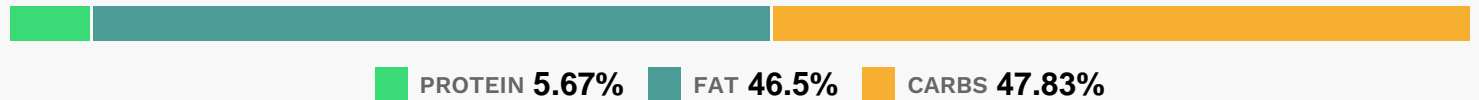
- 0.5 cup butter
- 1 eggs
- 1.5 cups flour all-purpose
- 1 optional: lemon
- 0.4 cup sugar white

Equipment

Directions

- Cream the butter or margarine and sugar.
- Grate and juice the lemon.
- Add the lemon juice and rind to the creamed mixture.
- Add flour and beaten egg.
- Mix well.
- Rest dough for one hour.
- Put small spoonfuls on tray. Cook for 15–20 minutes at 350 degrees F (175 degrees C).

Nutrition Facts



Properties

Glycemic Index:12.26, Glycemic Load:8.76, Inflammation Score:-2, Nutrition Score:2.1817391437033%

Flavonoids

Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 104.4kcal (5.22%), Fat: 5.48g (8.43%), Saturated Fat: 3.34g (20.85%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 12.23g (4.45%), Sugar: 4.35g (4.83%), Cholesterol: 22.65mg (7.55%), Sodium: 44.39mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Selenium: 4.39µg (6.28%), Vitamin B1: 0.09mg (5.7%), Folate: 21.06µg (5.27%), Vitamin B2: 0.07mg (3.93%), Vitamin C: 3.18mg (3.85%), Manganese: 0.07mg (3.68%), Vitamin A: 172.1IU (3.44%), Iron: 0.57mg (3.14%), Vitamin B3: 0.63mg (3.13%), Phosphorus: 18.56mg (1.86%), Fiber: 0.45g (1.8%), Vitamin E: 0.19mg (1.25%), Vitamin B5: 0.1mg (1.01%)