



Lemon Butter Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



74 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 1 eggs
- 1.5 cups flour all-purpose
- 0.3 cup granulated sugar for decoration
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest
- 0.1 teaspoon salt

0.5 cup sugar white

Equipment

bowl

baking sheet

oven

hand mixer

cookie cutter

rolling pin

Directions

Beat butter and sugar in large bowl with electric mixer until creamy. Beat in egg until light and fluffy.

Mix in flour, lemon juice and peel, baking powder and salt. Cover and refrigerate about 2 hours or until firm.

Preheat oven to 350 degrees F (175 degrees C).

Roll out dough, a small amount at a time, to 1/4-inch thickness on well-floured surface with floured rolling pin. (Keep remaining dough in refrigerator.)

Cut with 3-inch round cookie cutter.

Transfer to ungreased cookie sheets.

Sprinkle with sugar.

Bake 8 to 10 minutes until lightly browned on edges. Cool 1 minute on cookie sheets.

Remove to wire racks; cool completely. Store in airtight container.

Nutrition Facts



PROTEIN 4.64% **FAT 39.62%** **CARBS 55.74%**

Properties

Glycemic Index:11.91, Glycemic Load:7.35, Inflammation Score:-1, Nutrition Score:1.2065217332995%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 73.65kcal (3.68%), Fat: 3.29g (5.06%), Saturated Fat: 2g (12.5%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 10.23g (3.72%), Sugar: 5.6g (6.22%), Cholesterol: 13.59mg (4.53%), Sodium: 43.36mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.73%), Selenium: 2.64µg (3.77%), Vitamin B1: 0.05mg (3.34%), Folate: 12.45µg (3.11%), Vitamin B2: 0.04mg (2.36%), Manganese: 0.04mg (2.17%), Vitamin A: 102.56IU (2.05%), Vitamin B3: 0.37mg (1.86%), Iron: 0.33mg (1.82%), Phosphorus: 12.11mg (1.21%)