



## Lemon Butter Cookies

READY IN



89 min.

SERVINGS



15

CALORIES



317 kcal

DESSERT

### Ingredients

- ☐ 15 servings colorful glaze
- ☐ 1 cup butter softened
- ☐ 2 cups flour all-purpose
- ☐ 15 servings royal icing
- ☐ 1 teaspoon lemon zest
- ☐ 1 cup powdered sugar
- ☐ 0.3 teaspoon salt

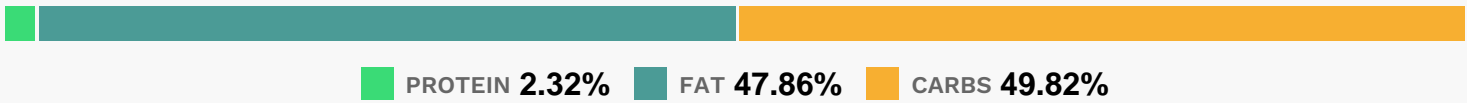
### Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ stand mixer

## Directions

- ☐ Preheat oven to 32
- ☐ Beat butter and zest at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add sugar, beating well.
- ☐ Combine flour and salt; gradually add to butter mixture, beating until blended. Shape dough into a disc.
- ☐ Roll dough to 1/8-inch thickness on a lightly floured surface.
- ☐ Cut with a 2 1/4- or 3 1/4-inch heart-shaped cutter; place 1/2 inch apart on parchment paper-lined baking sheets. If desired, cut 1 or 2 holes at top of each cookie (to hang or thread ribbon through after baking).
- ☐ Bake at 325 for 12 to 14 minutes or until edges are lightly browned. Cool on baking sheets 5 minutes.
- ☐ Transfer to wire racks; cool completely (about 20 minutes). Decorate as desired with Royal Icing and Colorful Glaze.

## Nutrition Facts



## Properties

Glycemic Index:11.2, Glycemic Load:17.38, Inflammation Score:-3, Nutrition Score:3.4939130460439%

## Nutrients (% of daily need)

Calories: 317.4kcal (15.87%), Fat: 16.97g (26.11%), Saturated Fat: 8.64g (53.98%), Carbohydrates: 39.74g (13.25%), Net Carbohydrates: 39.28g (14.28%), Sugar: 25.55g (28.39%), Cholesterol: 32.54mg (10.85%), Sodium: 188.09mg (8.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin B2: 0.17mg (10.22%), Vitamin B1: 0.13mg (8.96%), Selenium: 5.88µg (8.4%), Folate: 33.21µg (8.3%), Vitamin A: 378.25IU (7.56%), Manganese: 0.11mg (5.7%), Vitamin E: 0.79mg (5.27%), Vitamin B3: 1.05mg (5.26%), Iron: 0.83mg (4.6%), Vitamin K: 4.75µg (4.52%), Phosphorus: 26.69mg (2.67%), Fiber: 0.46g (1.86%), Copper: 0.02mg (1.24%), Magnesium: 4.27mg (1.07%), Vitamin

B5: 0.11mg (1.05%), Zinc: 0.15mg (1.01%)