

Lemon Buttercups

 Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 servings confectioners' sugar
- ☐ 8 ounces cream cheese at room temperature
- ☐ 1 eggs
- ☐ 1 egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon lemon zest freshly grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

- ☐ 0.5 cup sugar
- ☐ 1 cup butter unsalted cold cut into pieces (2 sticks)
- ☐ 1 teaspoon vanilla extract pure

Equipment

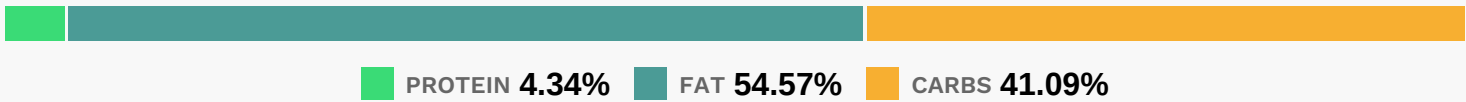
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ pizza cutter

Directions

- ☐ In a mixer fitted with a paddle attachment, or using your fingers, combine the flour and salt in a large bowl.
- ☐ Add the butter and, using your fingertips, pinch the ingredients together into a sandy, crumbly mixture. In a mixer fitted with a paddle attachment (or using a hand mixer), mix the sour cream and egg yolk until very smooth.
- ☐ Add the flour mixture and mix until the dough comes together. The dough may feel a little dry. Form into a disk, wrap it in plastic wrap and chill at least 4 hours or overnight. In a bowl, mix the cream cheese, egg, sugar, vanilla and lemon zest. On a work surface thickly dusted with confectioners' sugar, roll out the pastry to a squarish or rectangular shape, 1/8-inch thick. Using the tip of a sharp knife or a pizza cutter, cut into 3 by 3-inch squares.
- ☐ Place a teaspoon of filling in the center of each square. Lift up one square, gathering the center of the square around the filling into a cup. Hold it in the fingers of one hand. Use the fingers of your other hand to gently push the midpoints of the sides inward, so that the 4 corners become the points of the petals. The cookie will look like a flower that is opening.
- ☐ Place the cookie in a mini muffin cup. Repeat with the remaining squares and refrigerate 30 minutes.

- ☐ Preheat the oven to 375 degrees.
- ☐ Bake until light golden brown, 25 to 30 minutes.
- ☐ Let cool in the pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:8.8, Inflammation Score:-3, Nutrition Score:2.76521740789%

Nutrients (% of daily need)

Calories: 201.01kcal (10.05%), Fat: 12.34g (18.99%), Saturated Fat: 7.4g (46.23%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 20.62g (7.5%), Sugar: 12.57g (13.97%), Cholesterol: 47.63mg (15.88%), Sodium: 59.82mg (2.6%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 2.21g (4.41%), Vitamin A: 413.88IU (8.28%), Selenium: 5.67µg (8.1%), Vitamin B2: 0.1mg (5.84%), Vitamin B1: 0.09mg (5.83%), Folate: 22.45µg (5.61%), Manganese: 0.07mg (3.74%), Phosphorus: 33.85mg (3.38%), Vitamin B3: 0.63mg (3.17%), Iron: 0.56mg (3.11%), Vitamin E: 0.36mg (2.43%), Calcium: 20.1mg (2.01%), Vitamin B5: 0.18mg (1.77%), Vitamin D: 0.22µg (1.46%), Vitamin B12: 0.08µg (1.3%), Zinc: 0.19mg (1.25%), Fiber: 0.29g (1.16%), Copper: 0.02mg (1.1%), Magnesium: 4.1mg (1.03%), Potassium: 35.85mg (1.02%)