



WHATSheATE



Lemon Cayenne Cookies for the Grown Up in You



Vegetarian

READY IN



35 min.

SERVINGS



48

CALORIES



106 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoon baking soda (scooped and leveled)
- ☐ 0.5 teaspoon cayenne pepper plus more for optional sprinkling)
- ☐ 4 cup flour all-purpose (scooped and leveled)
- ☐ 1.5 cup granulated sugar
- ☐ 0.5 teaspoon kosher salt (scooped and leveled)
- ☐ 0.5 cup juice of lemon freshly squeezed ()
- ☐ 2 teaspoon lemon zest finely grated ()

- ☐ 0.5 cup brown sugar light packed ()
- ☐ 1 cup butter unsalted (room temerature)
- ☐ 1.5 teaspoon vanilla extract

Equipment


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

Directions

- ☐ Place the oven racks in the top and center positions. Preheat oven to 350 degrees F.In a large bowl beat the butter, granulated sugar, light brown sugar and lemon zest with an electric mixer set on medium-high speed until light and fluffy. Lower the speed and add eggs and vanilla until just blended.In a separate large bowl sift together the flour, baking soda, salt, and cayenne pepper; add the flour mixture to the butter mixture alternating with the lemon juice, beginning and ending with the flour mixture. Continue mixing until just combined. Do not over-mix.
- ☐ Place the confectioners sugar in a separate bowl. You may re-use the bowl that held the flour mixture if you like. Scoop the dough by generous tablespoons, and shape into 1 ½-inch balls; roll in the powdered sugar.
- ☐ Place cookies 2-inches apart on parchment-lined baking sheets.
- ☐ Add a very light sprinkling of cayenne for an extra kick if you like. Be sparing.
- ☐ Bake in the heated oven for 16 to 18 minutes, switching the sheets between racks halfway through baking. The cookies are done when they barely begin to brown at the edges. Cookies will still be soft in the middle. Cool on the baking sheets a few minutes then slide the parchment sheet with the cookies in place onto a wire rack to cool completely.Like this:Like Loading...

Nutrition Facts



 PROTEIN **4.24%**  FAT **33.44%**  CARBS **62.32%**

Properties

Glycemic Index:3.69, Glycemic Load:10.12, Inflammation Score:-1, Nutrition Score:1.7760869536711%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 105.62kcal (5.28%), Fat: 3.97g (6.1%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 16.34g (5.94%), Sugar: 8.58g (9.53%), Cholesterol: 10.17mg (3.39%), Sodium: 59.9mg (2.6%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 1.13g (2.26%), Vitamin B1: 0.08mg (5.52%), Selenium: 3.65µg (5.21%), Folate: 19.77µg (4.94%), Manganese: 0.07mg (3.7%), Vitamin B2: 0.05mg (3.24%), Vitamin B3: 0.62mg (3.12%), Iron: 0.51mg (2.82%), Vitamin A: 127.04IU (2.54%), Vitamin C: 1.11mg (1.34%), Phosphorus: 12.76mg (1.28%), Fiber: 0.3g (1.21%)