



## Lemon Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



42

CALORIES



126 kcal

DESSERT

### Ingredients

- 1 cup butter softened
- 3 egg yolks beaten
- 6 egg yolks slightly beaten
- 3.5 cups flour all-purpose
- 2 tablespoons ground cinnamon
- 2 teaspoons lemon rind grated
- 1 cup pecans finely chopped
- 1 cup sugar

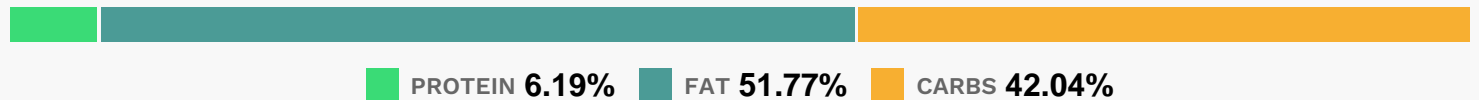
## Equipment

- baking sheet
- oven
- cookie cutter

## Directions

- Cream butter; gradually add 1 cup sugar, beating until light and fluffy.
- Add 6 yolks and lemon rind; beat well. Gradually add flour to creamed mixture, and mix well.
- Turn dough out onto a lightly floured surface.
- Roll to 1/4-inch thickness, and cut with assorted 2-inch cookie cutters.
- Place cookies on lightly greased baking sheets.
- Brush tops of cookies with 3 egg yolks.
- Combine 1 cup sugar, pecans, and cinnamon; sprinkle over cookies.
- Bake at 350 for 15 minutes. Cool cookies on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:9.09, Inflammation Score:-2, Nutrition Score:3.1943478072467%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

## Nutrients (% of daily need)

Calories: 126.34kcal (6.32%), Fat: 7.4g (11.38%), Saturated Fat: 3.32g (20.78%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 12.77g (4.64%), Sugar: 4.92g (5.47%), Cholesterol: 53.28mg (17.76%), Sodium: 36.9mg (1.6%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Manganese: 0.26mg (12.83%), Selenium: 5.89µg (8.41%), Vitamin B1: 0.11mg (7.07%), Folate: 25.46µg (6.37%), Vitamin B2: 0.08mg (4.6%), Vitamin A: 193.31IU (3.87%), Iron: 0.69mg (3.83%), Phosphorus: 35.03mg (3.5%), Vitamin B3: 0.65mg (3.27%), Fiber: 0.74g (2.97%), Copper: 0.05mg (2.54%), Zinc: 0.29mg (1.94%), Vitamin B5: 0.19mg (1.91%), Vitamin E: 0.28mg (1.84%), Magnesium: 5.98mg (1.49%), Vitamin B12: 0.08µg (1.41%), Vitamin D: 0.21µg (1.39%), Calcium: 13.64mg (1.36%), Vitamin B6: 0.02mg (1.22%)