



Lemon-Cornmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



53 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 6 tablespoons butter softened
- ☐ 1 large eggs
- ☐ 4.5 ounces flour all-purpose
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar

☐ 0.3 cup cornmeal yellow

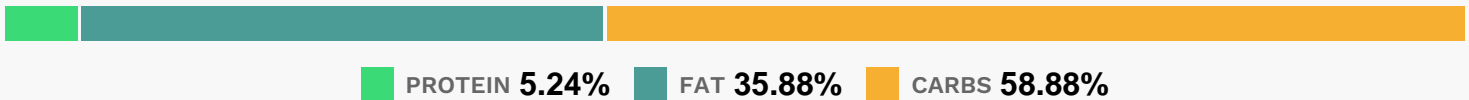
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine flour and the next 4 ingredients (through ground ginger); stir with a whisk.
- ☐ Combine sugar and butter in a large bowl, and beat with a mixer at medium speed until light and fluffy (about 5 minutes). Scrape sides of the bowl occasionally.
- ☐ Add egg; beat well. Beat in grated lemon rind.
- ☐ Add flour mixture to butter mixture, and beat at medium-low speed just until blended.
- ☐ Spoon about 1 1/2 teaspoons batter 2 inches apart onto 2 parchment-lined baking sheets.
- ☐ Bake at 350 for 12 minutes or until lightly browned and almost firm.
- ☐ Remove from oven. Cool on pans for 2 minutes or until firm.
- ☐ Remove from pans. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:7.32, Glycemic Load:5.51, Inflammation Score:-1, Nutrition Score:0.91391304847987%

Nutrients (% of daily need)

Calories: 53.44kcal (2.67%), Fat: 2.16g (3.32%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 7.72g (2.81%), Sugar: 4.2g (4.67%), Cholesterol: 10.18mg (3.39%), Sodium: 48.51mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Selenium: 1.77µg (2.53%), Vitamin B1: 0.03mg (2.2%), Manganese: 0.04mg (1.94%), Folate: 7.73µg (1.93%), Vitamin B2: 0.03mg (1.59%), Iron: 0.24mg (1.33%), Vitamin A: 65.9IU (1.32%), Vitamin B3: 0.25mg (1.25%), Phosphorus: 10.49mg (1.05%), Fiber: 0.25g (1.01%)