



## Lemon-Cornmeal Icebox Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



63 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 large egg white
- ☐ 0.8 cup flour all-purpose
- ☐ 2 teaspoons lemon rind grated
- ☐ 4 tablespoons butter softened
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

☐ 0.3 cup cornmeal yellow

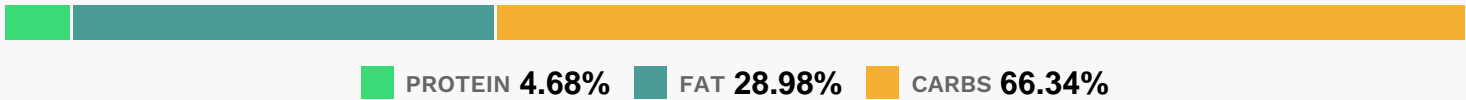
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ wax paper

Directions

- ☐ Combine the first 4 ingredients in a bowl, and set aside. Beat the margarine at medium speed of a mixer until light and fluffy. Gradually add the sugar, beating at medium speed of a mixer until well-blended.
- ☐ Add the lemon rind, vanilla extract, and egg white, and beat well.
- ☐ Add the flour mixture, and stir until well-blended. Turn the dough out onto wax paper, and shape into a 6-inch log. Wrap the log in wax paper, and freeze for 3 hours or until very firm.
- ☐ Preheat oven to 35
- ☐ Cut log into 24 (1/4-inch) slices, and place slices 1 inch apart on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 8 to 10 minutes.
- ☐ Remove from pan, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:7.24, Inflammation Score:-1, Nutrition Score:0.91043478922675%

Nutrients (% of daily need)

Calories: 62.69kcal (3.13%), Fat: 2.04g (3.13%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 10.21g (3.71%), Sugar: 6.31g (7.01%), Cholesterol: 0mg (0%), Sodium: 48.03mg (2.09%), Alcohol: 0.06g (100%), Alcohol %: 0.46% (100%), Protein: 0.74g (1.48%), Selenium: 1.74µg (2.48%), Vitamin B1: 0.04mg (2.4%), Folate: 7.81µg (1.95%), Manganese: 0.04mg (1.9%), Vitamin B2: 0.03mg (1.72%), Vitamin A: 83.55IU (1.67%), Vitamin B3: 0.27mg (1.37%), Iron: 0.24mg (1.31%), Fiber: 0.28g (1.12%)