



Lemon Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



33 kcal

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 5 tablespoons butter softened
- 1 large eggs separated
- 1.5 cups flour all-purpose sifted
- 2 small optional: lemon
- 0.1 teaspoon salt
- 0.5 teaspoon vanilla extract pure

Equipment

- baking sheet
- baking paper
- oven
- whisk
- mixing bowl
- plastic wrap
- hand mixer

Directions

- Whisk flour, baking powder, baking soda and salt in a bowl. Grate zest from 1 lemon directly over another mixing bowl. Squeeze 3 tablespoons lemon juice into a third bowl; set aside.
- Add butter to lemon zest and beat with an electric mixer on medium until combined.
- Add sugar a little at a time; beat 1 minute.
- Add yolk (cover egg white with plastic wrap and refrigerate until ready to use) and half the flour mixture; beat on low until just combined.
- Add lemon juice, vanilla and remaining flour mixture. Beat until just combined. Form dough into a log about 8 inches long and 2 inches in diameter. Cover tightly in plastic wrap. Refrigerate 3 hours.
- Heat oven to 350°F. Line 2 baking sheets with parchment paper.
- Cut dough into 40 thin rounds and place on baking sheets.
- Whisk egg white with 1/4 teaspoon water; brush on top of cookies. Dust each with a bit of sugar.
- Bake 8 to 10 minutes or until edges are golden. (If baking both sheets of cookies at the same time, alternate positions halfway through.)
- Let cool on baking sheet 5 minutes.
- Transfer to wire racks to cool completely.
- Self

Nutrition Facts



■ PROTEIN 8.5% ■ FAT 42.76% ■ CARBS 48.74%

Properties

Glycemic Index:6.06, Glycemic Load:2.68, Inflammation Score:-1, Nutrition Score:1.0882608670255%

Flavonoids

Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 33.12kcal (1.66%), Fat: 1.6g (2.46%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.83g (1.39%), Sugar: 0.16g (0.18%), Cholesterol: 8.41mg (2.8%), Sodium: 29.99mg (1.3%), Alcohol: 0.02g (100%), Alcohol %: 0.17% (100%), Protein: 0.72g (1.43%), Vitamin C: 2.86mg (3.47%), Selenium: 2.01µg (2.87%), Vitamin B1: 0.04mg (2.64%), Folate: 9.81µg (2.45%), Vitamin B2: 0.03mg (1.8%), Manganese: 0.03mg (1.7%), Iron: 0.28mg (1.53%), Vitamin B3: 0.28mg (1.42%), Fiber: 0.28g (1.11%), Vitamin A: 51.67IU (1.03%)