



Lemon Curd Cookies

 Vegetarian

READY IN



40 min.

SERVINGS



18

CALORIES



345 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.8 cup sugar
- 1 large eggs
- 1 teaspoon lemon extract
- 1 teaspoon vanilla extract
- 2.5 cups flour all-purpose
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt

- 1 cup pecans toasted
- 1.5 cups sugar
- 2 tablespoons cornstarch
- 0.1 teaspoon salt
- 0.5 cup juice of lemon
- 4 large egg yolk lightly beaten
- 6 tablespoons butter cubed
- 2 teaspoons lemon zest grated
- 1 serving powdered sugar

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- plastic wrap
- cookie cutter

Directions

- Cream butter and sugar until light and fluffy. Beat in egg and extracts. In another bowl, whisk flour, baking soda and salt; gradually beat into creamed mixture. Stir in pecans. Divide dough in half; shape into logs. Wrap each in plastic. Refrigerate until firm, 1-2 hours.
- Preheat oven to 350°. On a floured surface, roll each portion to 1/8-in. thickness.
- Cut with a floured 3-in. fluted round cookie cutter. With a floured 1/2-in. round cookie cutter, cut out centers of half the cookies.
- Place solid and window cookies 1 in. apart on ungreased baking sheets.
- Bake until lightly browned, 10-12 minutes.

- Remove to wire racks to cool.
- For filling, combine sugar, cornstarch and salt in a small saucepan. Stir in lemon juice until smooth. Over medium heat, cook and stir until slightly thickened and bubbly, about 2 minutes. Stir a small amount of hot mixture into egg yolks. Return all to pan. Bring to a gentle boil, stirring constantly until mixture reaches 160° and coats the back of a metal spoon, about 2 minutes longer.
- Remove from heat; stir in butter and lemon peel.
- Pour into a bowl; cover surface with plastic wrap. Chill 2–3 hours (mixture will be thick).
- Spread 1 tablespoon filling on bottoms of solid cookies; top with window cookies, pressing down lightly.
- Sprinkle with confectioners' sugar. Refrigerate.

Nutrition Facts



■ PROTEIN **3.88%**
■ FAT **49.77%**
■ CARBS **46.35%**

Properties

Glycemic Index:18.07, Glycemic Load:27.07, Inflammation Score:-4, Nutrition Score:5.5613043878389%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 344.82kcal (17.24%), Fat: 19.51g (30.01%), Saturated Fat: 9.7g (60.61%), Carbohydrates: 40.86g (13.62%), Net Carbohydrates: 39.82g (14.48%), Sugar: 25.9g (28.78%), Cholesterol: 88.28mg (29.43%), Sodium: 228.79mg (9.95%), Alcohol: 0.08g (100%), Alcohol %: 0.12% (100%), Protein: 3.42g (6.85%), Manganese: 0.37mg (18.59%), Selenium: 9.42µg (13.46%), Vitamin B1: 0.18mg (12.2%), Folate: 41.7µg (10.43%), Vitamin A: 504.85IU (10.1%), Vitamin B2: 0.14mg (8.1%), Iron: 1.13mg (6.25%), Phosphorus: 59.06mg (5.91%), Vitamin B3: 1.11mg (5.54%), Copper: 0.1mg (4.98%), Fiber: 1.05g (4.19%), Vitamin E: 0.63mg (4.17%), Vitamin C: 2.97mg (3.6%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.31mg (3.08%), Magnesium: 11.84mg (2.96%), Vitamin B12: 0.13µg (2.13%), Vitamin B6: 0.04mg (2.06%),

Calcium: 18.08mg (1.81%), Potassium: 61.44mg (1.76%), Vitamin D: 0.26µg (1.73%), Vitamin K: 1.49µg (1.42%)