



Lemon Decorator Cookies

READY IN



129 min.

SERVINGS



5

CALORIES



651 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 3 ounces cream cheese softened
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon lemon zest grated
- ☐ 2 cups flour all-purpose
- ☐ 1 serving carrots
- ☐ 1 serving p of sugar

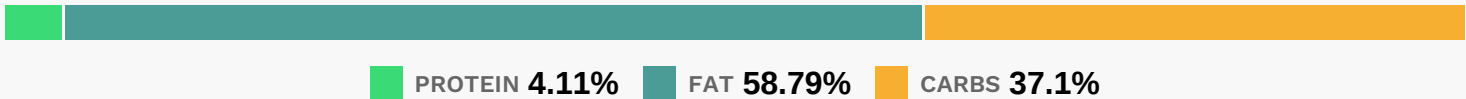
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ peeler

Directions

- ☐ Mix butter and cream cheese in large bowl. Stir in 1/2 cup sugar and the lemon peel. Gradually stir in flour. Cover and refrigerate about 2 hours or until firm. Make Carrot Press.
- ☐ Heat oven to 375°F. Shape dough into 1-inch balls.
- ☐ Place about 2 inches apart on ungreased cookie sheet. Flatten to about 1/4-inch thickness with Carrot Press dipped in sugar.
- ☐ Bake 7 to 9 minutes or until set but not brown.
- ☐ Remove from cookie sheet to wire rack.
- ☐ Cut 1 1/2-inch-diameter carrot into 2-inch lengths.
- ☐ Cut decorative design about 1/8 inch deep in cut end of carrot, using a small, sharp knife, the tip of a vegetable peeler or another small, sharp kitchen tool.

Nutrition Facts



Properties

Glycemic Index:43.78, Glycemic Load:42.23, Inflammation Score:-10, Nutrition Score:12.30478277932%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 650.77kcal (32.54%), Fat: 42.99g (66.13%), Saturated Fat: 11.1g (69.37%), Carbohydrates: 61.04g (20.35%), Net Carbohydrates: 59.21g (21.53%), Sugar: 21.39g (23.77%), Cholesterol: 17.18mg (5.73%), Sodium: 491.64mg

(21.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.51%), Vitamin A: 3991.37IU (79.83%), Vitamin B1: 0.41mg (27.34%), Selenium: 18.55µg (26.51%), Folate: 96.07µg (24.02%), Vitamin B2: 0.32mg (18.54%), Manganese: 0.36mg (18.1%), Vitamin B3: 3.11mg (15.54%), Iron: 2.4mg (13.32%), Vitamin E: 1.67mg (11.14%), Phosphorus: 87.27mg (8.73%), Fiber: 1.84g (7.34%), Calcium: 43.65mg (4.37%), Copper: 0.08mg (4.17%), Potassium: 138.3mg (3.95%), Vitamin B5: 0.39mg (3.93%), Magnesium: 15.61mg (3.9%), Zinc: 0.47mg (3.14%), Vitamin C: 2.39mg (2.9%), Vitamin B6: 0.06mg (2.77%), Vitamin K: 2.2µg (2.09%), Vitamin B12: 0.08µg (1.38%)