



Lemon-Frosted Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 large eggs
- ☐ 1 large egg whites
- ☐ 1 tablespoon skim milk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 1 cup granulated sugar

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 cups powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup wheat germ toasted

Equipment

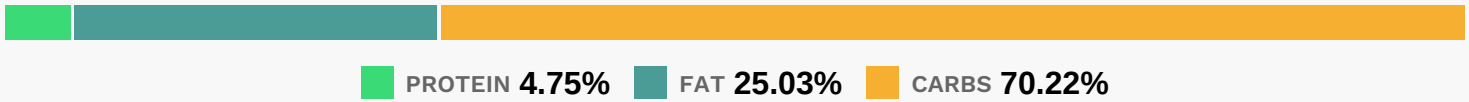
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ spatula
- ☐ measuring cup
- ☐ offset spatula

Directions

- ☐ To prepare cookies, beat granulated sugar and butter in a large bowl with a mixer at medium speed until well blended (about 4 minutes).
- ☐ Add egg, egg white, and next 3 ingredients, beating well. Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and next 4 ingredients in a bowl.
- ☐ Add flour mixture to sugar mixture, stirring well. Spoon dough onto plastic wrap; flatten to a 1 1/2-inch thickness. Cover tightly with plastic wrap; chill 4 hours or overnight.
- ☐ Preheat oven to 40

- ☐ Roll dough to a 15 x 12-inch rectangle on a heavily floured surface.
- ☐ Cut dough into 20 (3-inch) squares using a sharp knife.
- ☐ Place squares 2 inches apart on ungreased baking sheets.
- ☐ Bake at 400 for 8 minutes or until golden. Immediately remove cookies from pans using a wide spatula; cool on wire racks.
- ☐ To prepare frosting, combine powdered sugar and next 3 ingredients. Stir in food coloring, if desired.
- ☐ Spread about 2 teaspoons frosting over each cookie with an offset spatula, or place frosting in a small zip-top plastic bag, snip a tiny hole in 1 corner, and drizzle frosting over cookies.
- ☐ Sprinkle with assorted sugar sprinkles, if desired.

Nutrition Facts



Properties

Glycemic Index:16.02, Glycemic Load:13.95, Inflammation Score:-2, Nutrition Score:3.3243477927602%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 182.27kcal (9.11%), Fat: 5.14g (7.91%), Saturated Fat: 3.04g (19%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 31.9g (11.6%), Sugar: 21.87g (24.3%), Cholesterol: 21.52mg (7.17%), Sodium: 106.98mg (4.65%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Protein: 2.2g (4.39%), Manganese: 0.28mg (13.95%), Selenium: 6.68µg (9.54%), Vitamin B1: 0.13mg (8.48%), Folate: 28.5µg (7.13%), Vitamin B2: 0.1mg (5.59%), Vitamin B3: 0.85mg (4.22%), Iron: 0.75mg (4.18%), Phosphorus: 37.43mg (3.74%), Vitamin A: 156.94IU (3.14%), Fiber: 0.54g (2.16%), Zinc: 0.31mg (2.06%), Calcium: 18.49mg (1.85%), Magnesium: 7.01mg (1.75%), Copper: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.14mg (1.39%), Vitamin E: 0.17mg (1.11%), Potassium: 36.74mg (1.05%)