



Lemon-Frosted Sugar Cookies

READY IN



45 min.

SERVINGS



20

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 1 tablespoon milk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 0.5 cup butter softened
- ☐ 2 cups powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup wheat germ toasted

Equipment

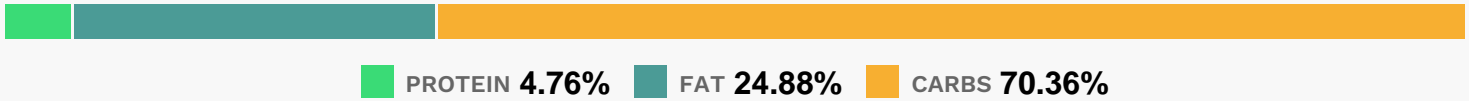
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ To prepare cookies, beat granulated sugar and margarine in a large bowl at medium speed of a mixer until well-blended (about 4 minutes).
- ☐ Add egg and next 4 ingredients (egg through 1 teaspoon vanilla), beating well. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (flour through salt).
- ☐ 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 cookies 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, and cool on wire rack.
- ☐ To prepare icing, combine powdered sugar, 1 tablespoon milk, lemon juice, and 1/4 teaspoon vanilla. Stir in food coloring, if desired.
- ☐ Spread about 2 teaspoons of the icing over each cookie, or place icing in a small zip-top plastic bag. Snip a tiny hole in one corner, and drizzle icing over cookies.
- ☐ Sprinkle with assorted sugar sprinkles, if desired.

Nutrition Facts



Properties

Glycemic Index:13.52, Glycemic Load:13.94, Inflammation Score:-2, Nutrition Score:3.3686956364823%

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: 182.38kcal (9.12%), Fat: 5.11g (7.86%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 32.49g (10.83%), Net Carbohydrates: 31.95g (11.62%), Sugar: 21.86g (24.29%), Cholesterol: 9.32mg (3.11%), Sodium: 124mg (5.39%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Protein: 2.2g (4.4%), Manganese: 0.28mg (13.95%), Selenium: 6.62µg (9.46%), Vitamin B1: 0.13mg (8.5%), Folate: 28.39µg (7.1%), Vitamin B2: 0.1mg (5.6%), Vitamin A: 218.12IU (4.36%), Vitamin B3: 0.84mg (4.22%), Iron: 0.75mg (4.17%), Phosphorus: 37.38mg (3.74%), Fiber: 0.54g (2.16%), Zinc: 0.3mg (2.02%), Calcium: 18.83mg (1.88%), Magnesium: 7.07mg (1.77%), Copper: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.5%), Vitamin E: 0.21mg (1.41%), Vitamin B5: 0.14mg (1.37%), Potassium: 37.76mg (1.08%)