



Lemon-Ginger Wafers

 Vegetarian

READY IN



180 min.

SERVINGS



60

CALORIES



41 kcal

DESSERT

Ingredients

- ☐ 0.5 cup confectioners' sugar
- ☐ 3 tablespoons cornstarch
- ☐ 60 servings crystallized ginger chopped for topping
- ☐ 1.5 cups flour all-purpose
- ☐ 1 piece ginger peeled
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.3 teaspoon salt

- ☐ 1.5 sticks butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract

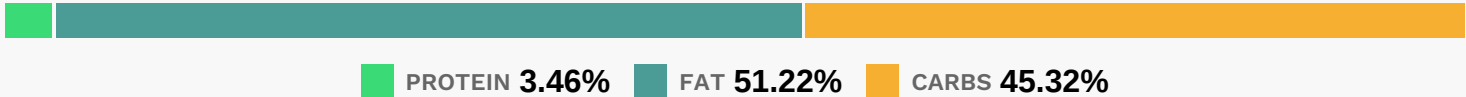
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Finely grate the ginger into a fine-mesh sieve set over a bowl. Press with the back of a spoon to squeeze out the juice (you'll need 1 tablespoon juice); set aside.
- ☐ Whisk the flour, cornstarch and salt in a medium bowl.
- ☐ Beat the butter and 1/2 cup confectioners' sugar in a large bowl with a mixer on medium-high speed until light and fluffy, 3 to 5 minutes. Beat in the lemon zest, 2 tablespoons lemon juice, the vanilla and ginger juice. Reduce the mixer speed to low; add the flour mixture and beat until just incorporated.
- ☐ Divide the dough between 2 sheets of plastic wrap; form into two 1-by-9-inch logs. Wrap and freeze until firm, about 1 hour.
- ☐ Position racks in the upper and lower thirds of the oven and preheat to 350 degrees F. Line 2 baking sheets with parchment. Unwrap the logs and slice into 1/4-inch-thick rounds; arrange 1 inch apart on the prepared baking sheets.
- ☐ Bake, switching the pans halfway through, until the edges are golden, about 13 minutes.
- ☐ Let cool 5 minutes on the baking sheets, then transfer to racks to cool completely.
- ☐ Put the remaining 1/3 cup confectioners' sugar in a bowl; stir in 2 to 3 teaspoons lemon juice, a little at a time, until the icing is spreadable.
- ☐ Spread on the cookies and top with crystallized ginger; let set 30 minutes.
- ☐ Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:1.73, Inflammation Score:-1, Nutrition Score:0.589999999968902%

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: 40.74kcal (2.04%), Fat: 2.33g (3.58%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 4.53g (1.65%), Sugar: 1.78g (1.98%), Cholesterol: 6.07mg (2.02%), Sodium: 10.3mg (0.45%), Alcohol: 0.02g (100%), Alcohol %: 0.31% (100%), Protein: 0.35g (0.71%), Vitamin B1: 0.02mg (1.66%), Selenium: 1.11µg (1.58%), Folate: 5.97µg (1.49%), Vitamin A: 70.68IU (1.41%), Manganese: 0.02mg (1.11%)