



Lemon-Glazed Sugar Cookies

READY IN



25 min.

SERVINGS



21

CALORIES



88 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 2 teaspoons pastel-colored sugar sprinkles
- ☐ 1 large egg yolk
- ☐ 1.3 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.8 teaspoon juice of lemon
- ☐ 2 tablespoons milk 1% low-fat
- ☐ 0.8 teaspoon orange rind grated
- ☐ 0.5 cup powdered sugar sifted

- ☐ 0.8 teaspoon vanilla extract
- ☐ 1.8 teaspoons water

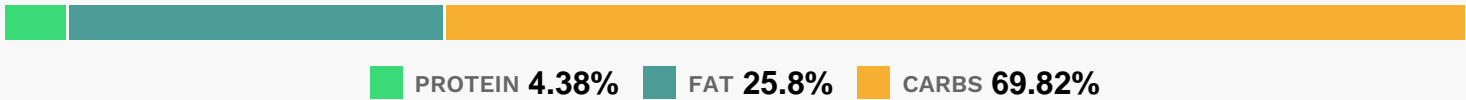
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Beat first 5 ingredients with a mixer at medium speed until well blended. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add flour and milk to sugar mixture, mixing well.
- ☐ Shape dough into 21 (1-inch) balls.
- ☐ Place balls 2 inches apart on baking sheets coated with cooking spray. Flatten cookies with the bottom of a glass.
- ☐ Bake at 350 for 10 minutes.
- ☐ Remove from pans; cool completely on wire racks.
- ☐ Combine powdered sugar, water, and lemon juice. Spoon glaze in center of each cookie; sprinkle with sugar sprinkles.

Nutrition Facts



Properties

Glycemic Index:9.29, Glycemic Load:8.54, Inflammation Score:-1, Nutrition Score:1.3491304244684%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

Nutrients (% of daily need)

Calories: 87.77kcal (4.39%), Fat: 2.54g (3.91%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 15.24g (5.54%), Sugar: 9.68g (10.76%), Cholesterol: 14.62mg (4.87%), Sodium: 18.63mg (0.81%), Alcohol: 0.05g (100%), Alcohol %: 0.27% (100%), Protein: 0.97g (1.94%), Selenium: 3.09µg (4.41%), Vitamin B1: 0.06mg (4.06%), Folate: 14.96µg (3.74%), Vitamin B2: 0.05mg (2.7%), Manganese: 0.05mg (2.6%), Vitamin B3: 0.44mg (2.22%), Iron: 0.37mg (2.08%), Vitamin A: 82.32IU (1.65%), Phosphorus: 13.35mg (1.34%)