



## Lemon-Honey Drop Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



88 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 7 tablespoons butter softened
- 1 large eggs
- 0.3 cup yogurt plain fat-free
- 1.8 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.3 cup honey
- 0.5 teaspoon lemon extract

- 2 tablespoons juice of lemon fresh
- 2 teaspoons lemon rind grated
- 1 cup powdered sugar
- 0.5 teaspoon salt

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- blender
- measuring cup

## Directions

- Preheat oven to 350
- Beat first 3 ingredients with a mixer at medium speed until light and fluffy.
- Add honey, extract, and egg; beat until well-blended. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, and salt, stirring well with a whisk.
- Add flour mixture to sugar mixture alternately with yogurt, beginning and ending with flour mixture. Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray.
- Bake at 350 for 12 minutes or until lightly browned.
- Combine powdered sugar and juice in a small bowl; stir with a whisk.
- Brush powdered sugar mixture evenly over hot cookies.
- Sprinkle evenly with 2 teaspoons rind.
- Remove cookies from pan; cool on wire racks.

# Nutrition Facts

PROTEIN 4.7% FAT 27.24% CARBS 68.06%

## Properties

Glycemic Index:10.61, Glycemic Load:7.51, Inflammation Score:-1, Nutrition Score:1.4139130335787%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 87.83kcal (4.39%), Fat: 2.72g (4.18%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 15.26g (5.09%), Net Carbohydrates: 15.05g (5.47%), Sugar: 9.89g (10.99%), Cholesterol: 12.44mg (4.15%), Sodium: 73.37mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.11%), Selenium: 2.97µg (4.24%), Vitamin B1: 0.06mg (3.71%), Folate: 13.84µg (3.46%), Vitamin B2: 0.05mg (2.9%), Manganese: 0.05mg (2.52%), Iron: 0.38mg (2.12%), Vitamin B3: 0.41mg (2.07%), Phosphorus: 17.19mg (1.72%), Vitamin A: 85.22IU (1.7%), Calcium: 14.32mg (1.43%)