



Lemon Kiss Cookies

READY IN



45 min.

SERVINGS



60

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 1.5 cups almonds chopped
- ☐ 3 ounce bittersweet chocolate
- ☐ 1.5 cups butter softened
- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 2.8 cups flour all-purpose
- ☐ 60 milk chocolate candy kisses
- ☐ 1 tablespoon lemon extract
- ☐ 2 teaspoons vegetable oil
- ☐ 0.8 cup sugar white

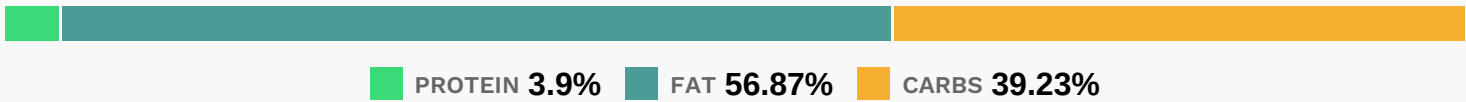
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In large bowl, beat butter, 3/4 cup sugar and lemon extract until light and fluffy.
- ☐ Add flour and almonds; beat at low speed until well blended. Cover; refrigerate at least 1 hour for easier handling.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Shape scant tablespoons dough around each kiss, covering completely.
- ☐ Roll in hands to form ball.
- ☐ Place on ungreased baking sheet.
- ☐ Bake for 8-12 minutes until set and bottom edges are light golden brown. Cool 1 minute; remove to rack and cool completely.
- ☐ Sprinkle cookies with confectioners' sugar.
- ☐ In small pan, melt chocolate squares and stir in oil until smooth.
- ☐ Drizzle over each cookie.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:11.49, Inflammation Score:-3, Nutrition Score:4.6469564936731%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg

0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 245.95kcal (12.3%), Fat: 16.72g (25.72%), Saturated Fat: 9.02g (56.37%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 23.7g (8.62%), Sugar: 18.26g (20.28%), Cholesterol: 12.29mg (4.1%), Sodium: 41.3mg (1.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.7mg (6.57%), Protein: 2.58g (5.15%), Manganese: 0.28mg (13.9%), Magnesium: 45.16mg (11.29%), Copper: 0.22mg (11.19%), Fiber: 2.26g (9.02%), Vitamin B2: 0.14mg (8.2%), Vitamin E: 1.14mg (7.62%), Iron: 1.26mg (7.02%), Phosphorus: 69.59mg (6.96%), Selenium: 3.07µg (4.38%), Zinc: 0.61mg (4.1%), Vitamin B1: 0.06mg (3.91%), Potassium: 123mg (3.51%), Vitamin B3: 0.67mg (3.35%), Folate: 13.07µg (3.27%), Vitamin A: 142.56IU (2.85%), Vitamin K: 2.56µg (2.43%), Calcium: 19.47mg (1.95%), Vitamin B6: 0.02mg (1.01%)