

Lemon kisses



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 200 g butter soft
- ☐ 140 g sugar
- ☐ 1 egg yolk
- ☐ 1 tsp vanilla extract
- ☐ 1 juice of lemon
- ☐ 0.5 jar lemon curd good (we used Tiptree)
- ☐ 140 g powdered sugar sifted

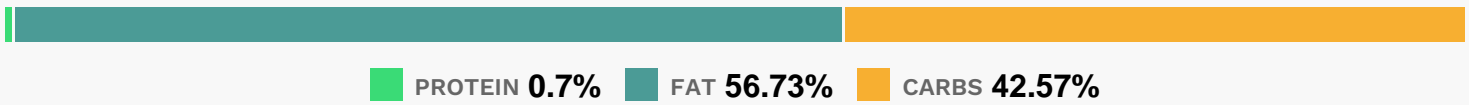
Equipment

- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Stir together the butter, sugar, egg yolk, vanilla and zest from 1 lemon using a wooden spoon. Stir in the flour you might need to get your hands in at the end. Tip onto a floured surface, bring together into a smooth dough, then roll out, half at a time, and stamp out 5–6cm rounds. Keep re-rolling trimmings, you should get about 40 biscuits. Arrange on trays lined with baking parchment, cover with cling film and chill for 30 mins.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Bake the biscuits for 8–12 mins until pale golden, then cool. Once cool, spread half the biscuits with a little lemon curd and top with a second biscuit. Arrange the biscuits on wire racks over trays.
- ☐ Mix enough lemon juice into the icing sugar to give a runny consistency, then drizzle over the biscuits. Scatter over a bit more lemon zest and leave to set.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:4.89, Inflammation Score:-1, Nutrition Score:0.61000001211853%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 129.8kcal (6.49%), Fat: 8.38g (12.89%), Saturated Fat: 5.23g (32.68%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 14.14g (5.14%), Sugar: 13.92g (15.47%), Cholesterol: 31.22mg (10.41%), Sodium: 65.05mg (2.83%), Alcohol: 0.07g (100%), Alcohol %: 0.34% (100%), Protein: 0.23g (0.47%), Vitamin A: 262.97IU (5.26%), Vitamin E: 0.26mg (1.72%)