



## Lemon Meltaways

 Vegetarian

READY IN



120 min.

SERVINGS



1

CALORIES



2735 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup butter softened
- 0.3 cup cornstarch
- 1.5 cups flour all-purpose
- 2 tablespoons juice of lemon fresh
- 1 tablespoon lemon zest
- 1.5 cups powdered sugar divided
- 0.3 teaspoon salt

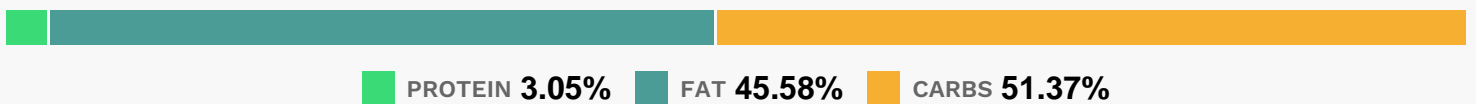
### Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- stand mixer

## Directions

- Beat butter at medium speed with a heavy-duty electric stand mixer until creamy.
- Add 1/2 cup powdered sugar; beat at medium speed until light and fluffy. Stir in zest and juice.
- Whisk together flour and next 2 ingredients. Gradually add flour mixture to butter mixture, beating at low speed just until blended. Cover and chill 1 hour.
- Preheat oven to 35
- Drop dough by level spoonfuls 2 inches apart onto parchment paper-lined baking sheets, using a 1-inch cookie scoop.
- Bake at 350 for 13 minutes or until lightly browned around edges. Cool on baking sheets 5 minutes.
- Toss together warm cookies and remaining 1 cup powdered sugar in a small bowl.

## Nutrition Facts



## Properties

Glycemic Index:125, Glycemic Load:103.57, Inflammation Score:-10, Nutrition Score:34.309130855229%

## Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 2734.73kcal (136.74%), Fat: 140.02g (215.41%), Saturated Fat: 87.82g (548.85%), Carbohydrates: 355.06g (118.35%), Net Carbohydrates: 348.98g (126.9%), Sugar: 177.65g (197.39%), Cholesterol: 366.04mg (122.01%), Sodium: 1686.97mg (73.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.19%), Vitamin B1: 1.49mg (99.41%), Selenium: 67.31µg (96.16%), Folate: 355.01µg (88.75%), Vitamin A: 4259.35IU (85.19%), Manganese: 1.31mg (65.4%), Vitamin B2: 1.03mg (60.45%), Vitamin B3: 11.19mg (55.96%), Iron: 9.07mg (50.39%), Vitamin E: 4.12mg (27.48%), Phosphorus: 250.64mg (25.06%), Fiber: 6.08g (24.31%), Vitamin C: 19.35mg (23.45%), Copper: 0.31mg (15.47%), Magnesium: 48.33mg (12.08%), Vitamin K: 12.48µg (11.89%), Vitamin B5: 1.07mg (10.67%), Zinc: 1.53mg (10.23%), Potassium: 286.67mg (8.19%), Calcium: 81.63mg (8.16%), Vitamin B6: 0.11mg (5.59%), Vitamin B12: 0.29µg (4.82%)