



Lemon-Nutmeg Shortbreads with Lemon Icing

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



92 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 2.5 tablespoons cornstarch
- ☐ 0.3 teaspoon nutmeg
- ☐ 18 servings optional: lemon
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

☐ 1 teaspoon vanilla extract

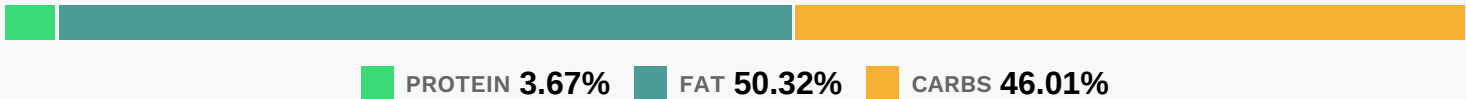
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F.
- ☐ Combine flour, cornstarch, nutmeg and salt in medium bowl; whisk to blend. Using electric mixer, beat butter, sugar, lemon peel and vanilla in large bowl until light and fluffy.
- ☐ Add dry ingredients and mix until dough begins to come together.
- ☐ Turn dough out onto sheet of waxed paper. Gather dough into ball; flatten into disk. Cover with second sheet of paper.
- ☐ Roll out dough to 1/4-inch thickness, turning and freeing paper from dough occasionally. Free bottom sheet of paper; remove top sheet.
- ☐ Cut out cookies, using 3-inch cutters.
- ☐ Transfer to 2 ungreased baking sheets, spacing cookies 1/2 inch apart. Gather and reroll scraps; cut out additional cookies.
- ☐ Transfer to sheet.
- ☐ Bake cookies until firm to touch and just beginning to color, about 15 minutes.
- ☐ Transfer cookies to rack and cool.
- ☐ Drizzle icing from fork tines onto cookies. (Can be made 1 week ahead. Store airtight in single layer at room temperature.)

Nutrition Facts



Properties

Glycemic Index:13.37, Glycemic Load:6.54, Inflammation Score:-2, Nutrition Score:1.6126086763714%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 91.95kcal (4.6%), Fat: 5.23g (8.04%), Saturated Fat: 3.26g (20.37%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 10.32g (3.75%), Sugar: 3.94g (4.38%), Cholesterol: 13.56mg (4.52%), Sodium: 17.3mg (0.75%), Alcohol: 0.08g (100%), Alcohol %: 0.38% (100%), Protein: 0.86g (1.72%), Vitamin C: 4.14mg (5.02%), Vitamin B1: 0.06mg (3.86%), Selenium: 2.5µg (3.57%), Folate: 13.73µg (3.43%), Vitamin A: 159.31IU (3.19%), Manganese: 0.05mg (2.59%), Vitamin B2: 0.04mg (2.3%), Vitamin B3: 0.42mg (2.11%), Iron: 0.38mg (2.09%), Fiber: 0.43g (1.74%), Vitamin E: 0.16mg (1.08%), Phosphorus: 10.39mg (1.04%)