



## Lemon-Poppy Seed Cookies

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



75 min.

SERVINGS



30

CALORIES



32 kcal

### Ingredients

- 0.5 cup butter softened
- 2 eggs
- 1 box poppy seeds betty crocker®

### Equipment

- bowl
- baking sheet
- oven
- wire rack
- microwave

kitchen scissors

## Directions

- Heat oven to 375°F. In medium bowl, stir Muffin
- Mix, butter and eggs until blended.
- Drop dough by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet.
- Bake 11 to 14 minutes or until light golden brown. Cool 1 minute.
- Remove from cookie sheet to wire rack. Cool completely, about 20 minutes. Squeeze Glaze packet about 10 seconds (do not microwave).
- Cut off tip of 1 corner of packet with scissors.
- Drizzle over cookies.

## Nutrition Facts



**PROTEIN 5.13%** **FAT 94.06%** **CARBS 0.81%**

## Properties

Glycemic Index:0.17, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.45913043415741%

## Nutrients (% of daily need)

Calories: 31.57kcal (1.58%), Fat: 3.34g (5.14%), Saturated Fat: 0.73g (4.53%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.06g (0.02%), Sugar: 0.01g (0.01%), Cholesterol: 10.91mg (3.64%), Sodium: 39.85mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin A: 151.17IU (3.02%), Selenium: 0.9µg (1.29%)