



Lemon Ricotta Cookies with Lemon Glaze

 Vegetarian

READY IN



170 min.

SERVINGS



44

CALORIES



115 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 3 tablespoons juice of lemon
- ☐ 1 lemon zest
- ☐ 1.5 cups powdered sugar
- ☐ 1 teaspoon salt
- ☐ 15 ounce milk ricotta cheese whole

- ☐ 2 cups sugar
- ☐ 1 stick butter unsalted softened

Equipment

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

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ In a medium bowl combine the flour, baking powder, and salt. Set aside.
- ☐ In the large bowl combine the butter and the sugar. Using an electric mixer beat the butter and sugar until light and fluffy, about 3 minutes.
- ☐ Add the eggs, 1 at a time, beating until incorporated.
- ☐ Add the ricotta cheese, lemon juice, and lemon zest. Beat to combine. Stir in the dry ingredients.
- ☐ Line 2 baking sheets with parchment paper. Spoon the dough (about 2 tablespoons for each cookie) onto the baking sheets.
- ☐ Bake for 15 minutes, until slightly golden at the edges.
- ☐ Remove from the oven and let the cookies rest on the baking sheet for 20 minutes.
- ☐ Combine the powdered sugar, lemon juice, and lemon zest in a small bowl and stir until smooth. Spoon about 1/2-teaspoon onto each cookie and use the back of the spoon to gently spread.
- ☐ Let the glaze harden for about 2 hours. Pack the cookies into a decorative container.

Nutrition Facts



 PROTEIN 7.18%  FAT 27.92%  CARBS 64.9%

Properties

Glycemic Index:6, Glycemic Load:10.37, Inflammation Score:-1, Nutrition Score:1.8382608501808%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 115.19kcal (5.76%), Fat: 3.63g (5.58%), Saturated Fat: 2.19g (13.72%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 18.77g (6.83%), Sugar: 13.16g (14.62%), Cholesterol: 17.89mg (5.96%), Sodium: 74.06mg (3.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Selenium: 4.53µg (6.47%), Vitamin B2: 0.07mg (3.92%), Vitamin B1: 0.06mg (3.88%), Folate: 15.4µg (3.85%), Phosphorus: 29.61mg (2.96%), Calcium: 28.56mg (2.86%), Manganese: 0.05mg (2.52%), Vitamin A: 118.12IU (2.36%), Iron: 0.42mg (2.34%), Vitamin B3: 0.43mg (2.17%), Zinc: 0.19mg (1.28%)