



Lemon Rosemary Button Shortbreads

 Vegetarian

READY IN



75 min.

SERVINGS



1

CALORIES



3677 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 lemon zest divided
- ☐ 1.5 cups powdered sugar
- ☐ 32 small rosemary sprigs fresh
- ☐ 0.3 teaspoon salt

☐ 1 cup butter unsalted cold cubed

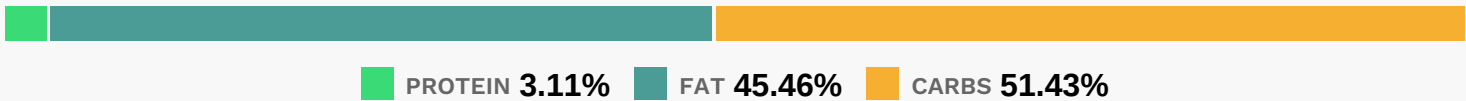
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter
- ☐ stand mixer

Directions

- ☐ Preheat oven to 32
- ☐ Put flour, butter, granulated sugar, and salt in the bowl of a stand mixer.
- ☐ Add the zest of 1 lemon and rosemary.
- ☐ Mix on low speed, then increase to medium and mix until dough is no longer crumbly and just comes together.
- ☐ Form dough into a disk and chill 30 minutes. On a lightly floured work surface, roll out dough until 1/2 in. thick.
- ☐ Cut dough into circles with a 1 1/2-in. cookie cutter. Reroll scraps as needed. Arrange on baking sheets 1 in. apart and chill 15 minutes.
- ☐ Bake until light golden brown, 12 to 15 minutes.
- ☐ Mix powdered sugar, lemon juice, and the remaining zest until smooth. Spoon 1/2 tsp. glaze over each cooled cookie, spreading with the back of the spoon; then press 1 rosemary sprig into center of each cookie.

Nutrition Facts



Properties

Glycemic Index:145.09, Glycemic Load:207.83, Inflammation Score:-10, Nutrition Score:46.951739041702%

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: 8.39mg, Naringenin: 8.39mg, Naringenin: 8.39mg, Naringenin: 8.39mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg 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: 3677.08kcal (183.85%), Fat: 188.88g (290.58%), Saturated Fat: 117.92g (737%), Carbohydrates: 480.79g (160.26%), Net Carbohydrates: 468.15g (170.24%), Sugar: 277.91g (308.79%), Cholesterol: 488.05mg (162.68%), Sodium: 625.31mg (27.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.1g (58.2%), Vitamin B1: 2mg (133.32%), Vitamin A: 6619.13IU (132.38%), Selenium: 88.82µg (126.88%), Folate: 506.86µg (126.71%), Manganese: 2.04mg (101.93%), Vitamin B2: 1.43mg (84.02%), Iron: 14.06mg (78.13%), Vitamin B3: 15.22mg (76.12%), Fiber: 12.64g (50.55%), Vitamin C: 34.09mg (41.32%), Vitamin E: 5.49mg (36.61%), Phosphorus: 349.51mg (34.95%), Copper: 0.53mg (26.44%), Magnesium: 92.37mg (23.09%), Vitamin D: 3.4µg (22.7%), Calcium: 214.78mg (21.48%), Potassium: 592.23mg (16.92%), Vitamin B5: 1.68mg (16.8%), Vitamin K: 16.64µg (15.85%), Zinc: 2.33mg (15.52%), Vitamin B6: 0.26mg (12.96%), Vitamin B12: 0.39µg (6.43%)