



Lemon Shortbread Cookies

 Vegetarian

READY IN



70 min.

SERVINGS



20

CALORIES



74 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 0.5 cup butter room temperature
- 1 cup flour all-purpose
- 0.5 teaspoon lemon extract
- 2 teaspoons lemon zest finely grated
- 0.3 teaspoon salt
- 0.3 teaspoon vanilla extract

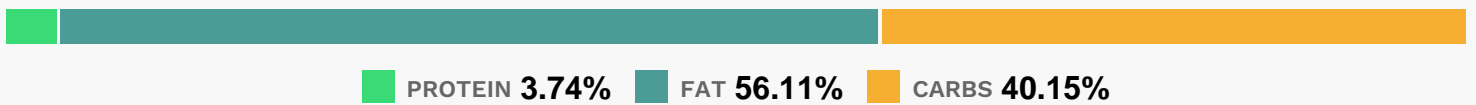
Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- hand mixer

Directions

- In a medium bowl, mix butter and brown sugar with an electric mixer until combined. Blend in lemon zest, lemon extract, and vanilla.
- Stir flour and salt into butter mixture.
- Transfer mixture to waxed paper or plastic wrap.
- Roll into a log (for slicing cookies) or shape into a disk (for using cutters); wrap dough and refrigerate for 30 minutes.
- Preheat oven to 325 degrees F (170 degrees C).
- Roll dough out on a lightly floured surface until 1/4 inch thick.
- Cut out cookies using a 2-inch round cutter and place 2 inches apart on ungreased baking sheets. (Or slice cookies and arrange on baking sheets). Gather and reroll dough scraps.
- Bake in preheated oven until edges are pale golden, but not browned, about 20 to 25 minutes.
- Let stand on baking sheet 2 minutes.
- Remove to a rack and let cool completely.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:3.45, Inflammation Score:-1, Nutrition Score:1.1356521780076%

Nutrients (% of daily need)

Calories: 74.13kcal (3.71%), Fat: 4.66g (7.18%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 7.32g (2.66%), Sugar: 2.7g (3%), Cholesterol: 12.2mg (4.07%), Sodium: 66.47mg (2.89%), Alcohol: 0.02g (100%), Alcohol %: 0.14% (100%), Protein: 0.7g (1.4%), Vitamin B1: 0.05mg (3.3%), Selenium: 2.21µg (3.16%),

Folate: 11.66µg (2.92%), Vitamin A: 141.92IU (2.84%), Manganese: 0.04mg (2.23%), Vitamin B2: 0.03mg (1.94%),
Vitamin B3: 0.38mg (1.88%), Iron: 0.31mg (1.74%)