



Lemon Spritz Squares

READY IN



47 min.

SERVINGS



42

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces cream cheese softened
- 2 eggs
- 1 cups flour all-purpose
- 0.5 teaspoon lemon extract
- 1 tablespoon lemon zest grated
- 42 servings powdered sugar for garnishing
- 1 pound sugar cookie mix dry (recommended: Betty Crocker)

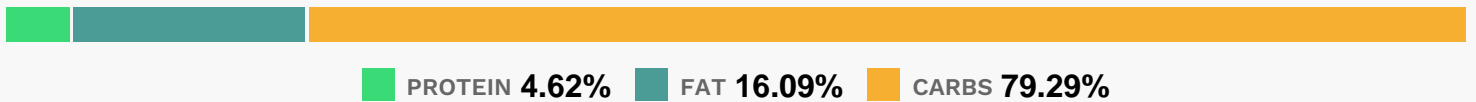
Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer
- pastry cutter

Directions

- Preheat oven to 350 degrees F.
- In the bowl of an electric mixer, combine the sugar cookie mix and cream cheese.
- Add the flour in 3 parts.
- Add eggs and lemon extract, and mix until just incorporated. Fold in the in lemon zest.
- On lightly floured surface, roll out dough to a 12 by 14-inch rectangle. Using a fluted pastry cutter, cut dough into 2-inch squares.
- Place cutouts 1-inch apart on ungreased cookie sheet. Freeze 10 minutes.
- Bake for 10 to 12 minutes, until bottoms are golden brown and tops are set. Cool completely on cooling rack. Dust with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:2.43, Glycemic Load:1.68, Inflammation Score:-1, Nutrition Score:0.82217389895864%

Nutrients (% of daily need)

Calories: 96.9kcal (4.84%), Fat: 1.74g (2.68%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 19.21g (6.99%), Sugar: 12.96g (14.4%), Cholesterol: 10.52mg (3.51%), Sodium: 42.54mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Selenium: 1.93µg (2.76%), Vitamin B2: 0.04mg (2.11%), Folate: 8.42µg (2.11%), Vitamin B1: 0.03mg (2.09%), Iron: 0.22mg (1.24%), Vitamin B3: 0.22mg (1.12%), Manganese: 0.02mg (1.08%), Phosphorus: 10.27mg (1.03%)