



Lemon Star Bursting Cookies

 Vegetarian

READY IN



100 min.

SERVINGS



42

CALORIES



57 kcal

DESSERT

Ingredients

- 0.8 cup butter
- 1 cup confectioners' sugar
- 0.5 cup cornstarch
- 1 cup flour all-purpose
- 1 teaspoon lemon extract
- 0.3 ounce lemonade flavor drink mix unsweetened (such as Kool-Aid®)
- 0.5 teaspoon salt

Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Sift the flour, cornstarch, and salt in a bowl. In a larger bowl, beat 1/2 cup confectioners' sugar with butter using an electric mixer until the mixture is creamy and free of lumps. Beat in the lemon extract, then mix in the flour mixture to make a smooth dough. Chill the dough for 1 hour.
- Preheat oven to 300 degrees F (150 degrees C).
- Mix 1 cup of confectioners' sugar with the lemonade drink mix in a plastic zipper bag. Close the zipper, and shake the bag to blend.
- Scoop up about 1 1/2 teaspoon of dough per cookie, and roll into balls.
- Place the cookies onto ungreased baking sheets.
- Bake in the preheated oven until the cookies are set, about 20 minutes.
- Remove from oven, and let cool on sheets for 2 minutes.
- Drop the warm cookies into the bag of lemon sugar, about 5 or 6 at a time, and shake to coat with the mixture. Shake off excess sugar, and allow the cookies to finish cooling on wire racks. When cool, shake them in the lemon sugar one more time.

Nutrition Facts



PROTEIN 2.39% **FAT 51.53%** **CARBS 46.08%**

Properties

Glycemic Index:2.98, Glycemic Load:1.64, Inflammation Score:-1, Nutrition Score:0.58869565667018%

Nutrients (% of daily need)

Calories: 57.46kcal (2.87%), Fat: 3.32g (5.11%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 6.59g (2.39%), Sugar: 2.96g (3.29%), Cholesterol: 8.72mg (2.91%), Sodium: 54.09mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.69%), Vitamin A: 101.31IU (2.03%), Selenium: 1.11µg (1.59%), Vitamin B1: 0.02mg (1.57%), Folate: 5.58µg (1.39%), Manganese: 0.02mg (1.07%)