



Lemon Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



156 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 lb butter at room temperature
- ☐ 2 large eggs
- ☐ 5 cups flour all-purpose
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 tablespoon milk
- ☐ 0.5 teaspoon salt

- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla

Equipment

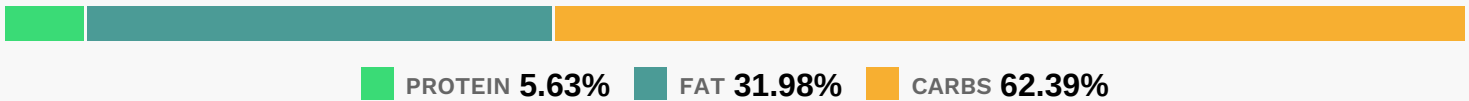
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ ziploc bags
- ☐ spatula
- ☐ pastry bag

Directions

- ☐ In a bowl, with an electric mixer on high speed, beat butter and sugar until smooth and light. Beat in eggs, lemon peel, lemon juice, milk, and vanilla until well blended, scraping down sides of bowl as necessary.
- ☐ In another bowl, stir together flour, baking powder, and salt. Stir or beat into butter mixture until blended. Wrap dough in plastic wrap and chill until firm, at least 2 hours, or up to 3 days.
- ☐ Unwrap dough and place on a lightly floured surface.
- ☐ Roll dough out, a portion at a time, to about 3/8 inch thick.
- ☐ Cut with a 3- or 4-inch round cutter and place cookies slightly apart on buttered or cooking parchment-lined 12- by 15-inch baking sheets.
- ☐ Bake cookies in a 350 oven until edges are golden, 10 to 14 minutes; if baking more than one pan at a time, switch pan positions halfway through baking. With a wide spatula, transfer cookies to wire racks to cool completely.
- ☐ Powdered sugar icing. Controlling consistency of icing is simple. If it's too thick, add a few drops of water; if it's too thin, gradually add more powdered sugar. To tint, add food coloring a few drops at a time.

- ☐ For spreading: In a bowl, stir 3 cups powdered sugar, 1 teaspoon vanilla, and 1/4 cup water until smooth. Tint with food coloring as desired.
- ☐ Spread icing onto cool cookies with a metal spatula.
- ☐ Let stand until icing is firm, about 1 1/2 hours. Makes about 1 cup.
- ☐ For piping: In a bowl, stir 2 cups powdered sugar, 1/2 teaspoon vanilla, and 1 1/2 tablespoons water until smooth. Tint with food coloring as desired. Spoon into a pastry bag fitted with a 1/8-inch tip or a heavy 1-quart zip-lock plastic bag. Seal plastic bag and squeeze icing into a corner; cut a tiny opening at corner of bag to squeeze icing out.
- ☐ Let cookies stand until icing is firm, about 5 minutes. Makes about 3/4 cup.

Nutrition Facts



Properties

Glycemic Index:9.03, Glycemic Load:17.46, Inflammation Score:-2, Nutrition Score:3.1099999845028%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 156.13kcal (7.81%), Fat: 5.59g (8.61%), Saturated Fat: 3.36g (21%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 24.08g (8.76%), Sugar: 11.21g (12.45%), Cholesterol: 23.93mg (7.98%), Sodium: 124.5mg (5.41%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.21g (4.43%), Selenium: 6.88µg (9.83%), Vitamin B1: 0.14mg (9.21%), Folate: 33.44µg (8.36%), Vitamin B2: 0.1mg (6.09%), Manganese: 0.12mg (6.01%), Vitamin B3: 1.03mg (5.16%), Iron: 0.91mg (5.06%), Phosphorus: 36mg (3.6%), Vitamin A: 173.19IU (3.46%), Calcium: 32.57mg (3.26%), Fiber: 0.48g (1.91%), Copper: 0.03mg (1.41%), Vitamin B5: 0.13mg (1.28%), Vitamin E: 0.19mg (1.25%), Magnesium: 4.52mg (1.13%), Zinc: 0.17mg (1.11%)