



Lemon Thyme Olive Oil Cookies

 Vegetarian

READY IN



40 min.

SERVINGS



40

CALORIES



48 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 teaspoon pepper black freshly ground
- 2 cups flour all-purpose
- 1 tablespoon thyme leaves fresh chopped
- 1 large lemon zest juiced
- 3 tablespoons milk
- 0.5 cup olive oil extra-virgin
- 1 cup sugar

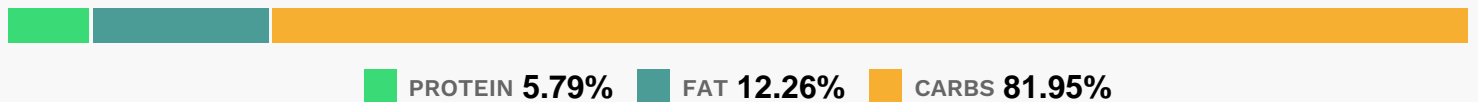
Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wooden spoon

Directions

- Preheat the oven to 350 degrees F. Line 2 baking sheets with parchment paper or silicone baking sheets.
- Put the flour, sugar, baking soda, pepper, and thyme into a bowl and whisk together to combine. In a small bowl, whisk together the olive oil, milk, lemon juice, and zest.
- Add the liquid ingredients to the dry ingredients, stirring with a wooden spoon until you form a nice smooth dough.
- Roll heaping teaspoonfuls of the dough into balls.
- Place them about 2 inches apart on the prepared baking sheets.
- Bake the cookies about 12 to 15 minutes, or until they are browned around the edges.
- Let the cookies cool for a few minutes and then transfer them to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:6.98, Inflammation Score:-2, Nutrition Score:1.0386956441014%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 47.82kcal (2.39%), Fat: 0.66g (1.01%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 9.68g (3.52%), Sugar: 5.07g (5.63%), Cholesterol: 0.14mg (0.05%), Sodium: 14.33mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin B1: 0.05mg (3.33%), Selenium: 2.17µg (3.11%), Folate: 11.54µg (2.89%), Manganese: 0.05mg (2.61%), Vitamin B2: 0.03mg (2.02%), Vitamin B3: 0.37mg (1.87%), Iron: 0.33mg (1.85%)