

Lemon Yummies

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 eggs
- 2.7 cups flour all-purpose
- 0.5 cup lemon yogurt low-fat
- 1 teaspoon juice of lemon fresh
- 1 teaspoon lemon zest
- 1 teaspoon salt

- 0.3 cup vegetable oil
- 1.5 cups sugar white

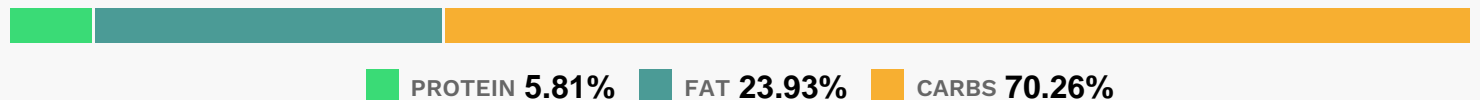
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- In a large bowl, combine sugar, yogurt, oil, eggs lemon zest, and lemon juice. Stir until well blended. Sift together the flour, baking soda, baking powder, and salt.
- Add to the wet mixture and stir until smooth.
- Drop cookies by rounded teaspoonfuls onto prepared cookie sheets.
- Bake in preheated oven for 8 to 10 minutes. Edges should be slightly brown.
- Let cookies cool slightly before removing from cookie sheets.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:13.21, Inflammation Score:-1, Nutrition Score:2.2795652293641%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 105.71kcal (5.29%), Fat: 2.85g (4.39%), Saturated Fat: 0.48g (3%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 18.44g (6.71%), Sugar: 10.12g (11.24%), Cholesterol: 10.91mg (3.64%), Sodium: 114.45mg (4.98%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Selenium: 4.74µg (6.78%), Vitamin B1: 0.09mg (5.99%), Folate: 22.14µg (5.54%), Vitamin K: 4.5µg (4.28%), Vitamin B2: 0.07mg (4.18%), Manganese: 0.08mg (3.91%), Iron: 0.61mg (3.39%), Vitamin B3: 0.66mg (3.31%), Vitamin C: 2.02mg (2.45%), Phosphorus: 21.32mg (2.13%), Fiber: 0.41g (1.63%), Vitamin E: 0.24mg (1.61%), Calcium: 12.31mg (1.23%), Vitamin B5: 0.1mg (1.01%), Copper: 0.02mg (1.01%)