



Lemon Zucchini Drops

 Vegetarian

READY IN



30 min.

SERVINGS



42

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter softened
- 1 cup sugar
- 1 large eggs room temperature
- 1 cup zucchini shredded finely
- 1 teaspoon lemon zest grated
- 2 cups flour all-purpose
- 1 teaspoon baking soda
- 1 teaspoon double-acting baking powder

- 1 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 0.5 cup raisins
- 0.5 cup walnut pieces chopped
- 2 cups powdered sugar
- 2 tablespoons juice of lemon

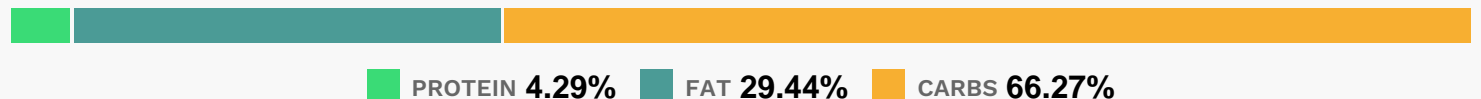
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, cream butter and granulated sugar until light and fluffy. Beat in egg, zucchini and lemon zest.
- Combine the flour, baking soda, baking powder, cinnamon and salt; gradually add to the creamed mixture and mix well. Stir in raisins and walnuts.
- Drop by tablespoonfuls 3 in. apart onto lightly greased baking sheets.
- Bake at 375° for 8-10 minutes or until lightly browned.
- Remove to wire racks to cool.
- For glaze, combine confectioners' sugar and enough lemon juice to reach a thin spreading consistency.
- Spread or drizzle over cooled cookies.

Nutrition Facts



Properties

Glycemic Index:9.19, Glycemic Load:7.39, Inflammation Score:-1, Nutrition Score:1.6886956704699%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 98.38kcal (4.92%), Fat: 3.31g (5.09%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 16.76g (5.59%), Net Carbohydrates: 16.32g (5.94%), Sugar: 10.49g (11.66%), Cholesterol: 10.24mg (3.41%), Sodium: 83.95mg (3.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Manganese: 0.11mg (5.36%), Vitamin B1: 0.06mg (3.7%), Selenium: 2.56µg (3.66%), Folate: 13.81µg (3.45%), Vitamin B2: 0.05mg (2.7%), Iron: 0.42mg (2.31%), Vitamin B3: 0.4mg (2.02%), Copper: 0.04mg (1.97%), Phosphorus: 18.85mg (1.89%), Fiber: 0.43g (1.73%), Vitamin A: 80.35IU (1.61%), Magnesium: 4.86mg (1.22%), Vitamin C: 0.98mg (1.19%), Potassium: 38mg (1.09%), Calcium: 10.83mg (1.08%), Vitamin B6: 0.02mg (1.04%)