



## Lime and Cornmeal Cookies with Citrus Glaze

 Vegetarian  Gluten Free

READY IN



119 min.

SERVINGS



12

CALORIES



264 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup cornmeal
- 1 eggs at room temperature
- 3 tablespoons juice of lemon fresh
- 3 tablespoons juice of lime fresh (2 to 3 large limes)
- 2 large lime zest
- 3 large lime zest
- 1.3 cups powdered sugar

- 1.5 cups rice flour for dusting
- 0.3 teaspoon sea salt fine
- 1 cup sugar
- 0.5 stick butter unsalted at room temperature
- 0.5 teaspoon vanilla extract pure

## Equipment

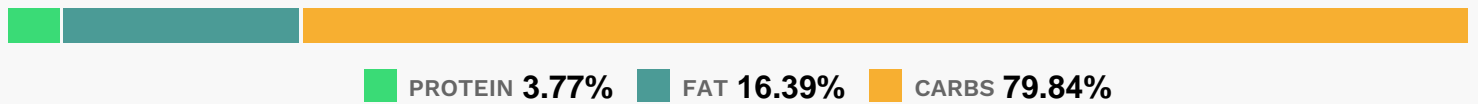
- food processor
- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- cookie cutter

## Directions

- Special equipment: 3-inch round cookie cutter
- For the cookies: Line a baking sheet with a silicone liner or parchment paper. Set aside.
- In a food processor, pulse together the butter, sugar, and lime zest until combined.
- Add the egg, lime juice, and vanilla. Process until smooth.
- Add the rice flour, cornmeal, baking powder, and salt. Process until the mixture forms a dough.
- Place the dough on a lightly floured surface and knead for 20 seconds. Form the dough into a ball, wrap in plastic, and refrigerate for 20 minutes.
- Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Lightly flour a work surface.
- Cut the dough in half and roll out each piece into a 9-inch diameter circle, about 1/4-inch thick. Using a 3-inch round cookie cutter, cut the dough into 10 circles and arrange on the prepared baking sheet. Gather any scraps of dough, knead together, and roll out to 1/4-inch thick.

- Cut out 2 additional rounds of dough and place on the baking sheet.
- Bake until light golden around the edges, 15 to 20 minutes. Cool for 10 minutes and transfer to a cooling rack to cool completely, about 15 minutes.
- For the glaze: In a medium bowl, whisk together the powdered sugar, lime zest, and lemon juice until smooth.
- Spread about 1 teaspoon of the glaze onto each cookie leaving, a 1/4-inch border around the edge. Allow the glaze to harden for about 45 minutes before serving.

## Nutrition Facts



### Properties

Glycemic Index:30.22, Glycemic Load:25.82, Inflammation Score:-2, Nutrition Score:4.1643477574639%

### Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 12.88mg, Hesperetin: 12.88mg, Hesperetin: 12.88mg, Hesperetin: 12.88mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

### Nutrients (% of daily need)

Calories: 264.38kcal (13.22%), Fat: 4.96g (7.63%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 54.36g (18.12%), Net Carbohydrates: 52.45g (19.07%), Sugar: 30.47g (33.85%), Cholesterol: 23.76mg (7.92%), Sodium: 73.22mg (3.18%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 2.57g (5.14%), Manganese: 0.29mg (14.44%), Vitamin C: 10.7mg (12.97%), Fiber: 1.91g (7.64%), Vitamin B6: 0.15mg (7.39%), Selenium: 4.89µg (6.99%), Phosphorus: 52.41mg (5.24%), Magnesium: 16.89mg (4.22%), Vitamin B1: 0.06mg (3.96%), Vitamin B3: 0.75mg (3.76%), Copper: 0.07mg (3.37%), Vitamin B5: 0.33mg (3.35%), Vitamin A: 153.52IU (3.07%), Zinc: 0.46mg (3.04%), Iron: 0.54mg (3.01%), Calcium: 25.68mg (2.57%), Vitamin B2: 0.04mg (2.43%), Potassium: 80.34mg (2.3%), Folate: 8.28µg (2.07%), Vitamin E: 0.27mg (1.8%)