



Lime Sugar Cookies

READY IN



1500 min.

SERVINGS



36

CALORIES



63 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 large eggs
- 1.3 cups flour all-purpose
- 1 cup granulated sugar
- 0.5 cup lime sugar
- 0.5 teaspoon salt
- 6 tablespoons butter unsalted softened
- 1 teaspoon vanilla
- 2 tablespoons vegetable shortening cold

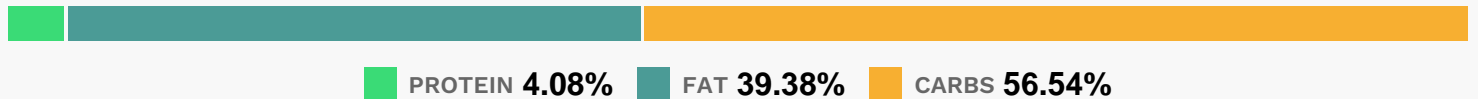
Equipment

- baking sheet
- oven
- plastic wrap
- hand mixer
- wax paper
- spatula

Directions

- Beat together butter, shortening, granulated sugar, and 2 tablespoons lime sugar with an electric mixer until light and fluffy. Beat in egg and vanilla. Sift flour, baking powder, and salt together over egg mixture, then beat on low speed until just combined.
- Form dough into a 10-inch log (2 inches in diameter) on wax paper, then wrap in wax paper. Chill dough until firm, at least 4 hours.
- Preheat oven to 375°F.
- Remove wax paper and cut log into 1/4-inch-thick rounds.
- Bake cookies 1/2 inch apart on ungreased baking sheets in batches in middle of oven 10 to 12 minutes, or until pale golden. Immediately transfer with a metal spatula to a rack set over a sheet of wax paper and sprinkle tops with remaining lime sugar. Cool cookies.
- Dough can be made 2 days ahead and chilled, wrapped well in plastic wrap. • Cookies keep in an airtight container at cool room temperature 2 days.

Nutrition Facts



Properties

Glycemic Index:7.47, Glycemic Load:6.34, Inflammation Score:-1, Nutrition Score:0.95217390941537%

Flavonoids

Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg,

Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 62.97kcal (3.15%), Fat: 2.8g (4.31%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 8.89g (3.23%), Sugar: 5.6g (6.22%), Cholesterol: 10.18mg (3.39%), Sodium: 46.51mg (2.02%), Alcohol: 0.04g (100%), Alcohol %: 0.3% (100%), Protein: 0.65g (1.31%), Selenium: 1.96µg (2.8%), Vitamin B1: 0.04mg (2.35%), Folate: 8.77µg (2.19%), Vitamin B2: 0.03mg (1.77%), Manganese: 0.03mg (1.54%), Iron: 0.25mg (1.39%), Vitamin A: 66.48IU (1.33%), Vitamin B3: 0.26mg (1.31%), Phosphorus: 10.68mg (1.07%)