

Little lemon-tons



Vegetarian



Popular

READY IN



55 min.

SERVINGS



16

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 175 g butter softened
- ☐ 140 g caster sugar
- ☐ 140 g self-raising flour
- ☐ 50 g ground almond
- ☐ 0.5 tsp double-acting baking powder
- ☐ 2 large eggs
- ☐ 1 tsp vanilla extract
- ☐ 2 juice of lemon

☐ 200 g granulated sugar

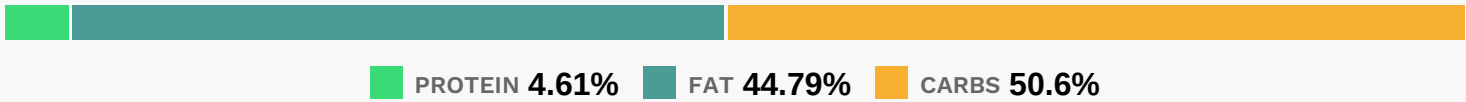
Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line the base and sides of a 20cm square tin with baking parchment (the easiest way is to cross 2 x 20cm strips over the base). Beat the butter, caster sugar, flour, almonds, baking powder, eggs, vanilla and the lemon zest and juice from lemon with an electric whisk until smooth.
- ☐ Scrape into the tin and bake for 25–30 mins until a skewer poked in comes out clean.
- ☐ Let cool.
- ☐ Turn out onto a wire rack, trim edges and slice into 16 squares. Tip the granulated sugar onto a plate.
- ☐ Pour remaining lemon juice into another shallow dish. Very, very quickly, dip all sides of the cake squares, one-by-one, into the juice, then quickly in the sugar. Sit on a wire rack to set and crisp.

Nutrition Facts



Properties

Glycemic Index:21.82, Glycemic Load:18.99, Inflammation Score:-2, Nutrition Score:1.980000021665%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg 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: 220.07kcal (11%), Fat: 11.23g (17.28%), Saturated Fat: 5.95g (37.19%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 28g (10.18%), Sugar: 21.5g (23.89%), Cholesterol: 46.77mg (15.59%), Sodium: 94.89mg (4.13%), Alcohol: 0.09g (100%), Alcohol %: 0.21% (100%), Protein: 2.6g (5.21%), Selenium: 5.63µg (8.05%), Vitamin A: 307.48IU (6.15%), Manganese: 0.07mg (3.65%), Phosphorus: 26.95mg (2.7%), Vitamin B2: 0.04mg (2.49%), Vitamin E: 0.36mg (2.4%), Calcium: 22.91mg (2.29%), Fiber: 0.55g (2.21%), Iron: 0.34mg (1.88%), Vitamin C: 1.45mg (1.76%), Folate: 6.9µg (1.73%), Vitamin B5: 0.15mg (1.51%), Vitamin B12: 0.07µg (1.24%), Copper: 0.02mg (1.14%), Zinc: 0.17mg (1.13%)