



Mrs. Ronzo's Lemon Balls

READY IN



45 min.

SERVINGS



48

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 2 cups confectioners' sugar
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon lemon extract
- ☐ 0.5 cup milk
- ☐ 1 pinch salt
- ☐ 0.5 cup shortening
- ☐ 0.5 teaspoon vanilla extract

- ☐ 3 tablespoons water
- ☐ 1.5 cups sugar white

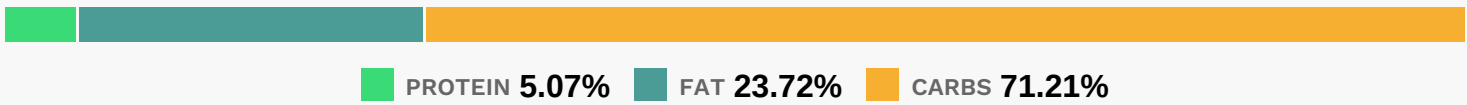
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Blend the white sugar and shortening until light. Beat in the eggs, milk, vanilla and 1 teaspoon lemon extract.
- ☐ Mix until well blended.
- ☐ Combine the flour, baking powder and salt.
- ☐ Add the flour mixture to the shortening mixture.
- ☐ Mix until combined (the dough will be sticky). Drop spoonfuls of dough onto parchment paper lined baking sheets.
- ☐ Bake at 350 degrees F (175 degrees C) for 8 to 10 minutes.
- ☐ Let cookies cool then frost with icing.
- ☐ Combine the confectioners' sugar, water and lemon extract to taste. Beat until smooth and make icing thick enough to spread on cooled cookies

Nutrition Facts



Properties

Glycemic Index:5.73, Glycemic Load:8.78, Inflammation Score:-1, Nutrition Score:1.6126086867374%

Nutrients (% of daily need)

Calories: 96.54kcal (4.83%), Fat: 2.57g (3.96%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 17.18g (6.25%), Sugar: 11.29g (12.54%), Cholesterol: 10.53mg (3.51%), Sodium: 32.63mg (1.42%),

Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Protein: 1.24g (2.47%), Selenium: 3.61µg (5.16%), Vitamin B1: 0.06mg (4.29%), Folate: 15.59µg (3.9%), Vitamin B2: 0.06mg (3.34%), Manganese: 0.05mg (2.74%), Iron: 0.45mg (2.48%), Vitamin B3: 0.47mg (2.33%), Phosphorus: 21.93mg (2.19%), Calcium: 20.7mg (2.07%), Vitamin K: 1.18µg (1.12%), Vitamin E: 0.17mg (1.1%)