

Munn Cookies

 Vegetarian

READY IN



77 min.

SERVINGS



60

CALORIES



69 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 1 eggs separated
- ☐ 3 cups flour all-purpose
- ☐ 0.3 cup granulated sugar for decoration
- ☐ 0.3 cup juice of lemon
- ☐ 2 tablespoons lemon zest
- ☐ 0.5 cup poppy seeds

- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar white

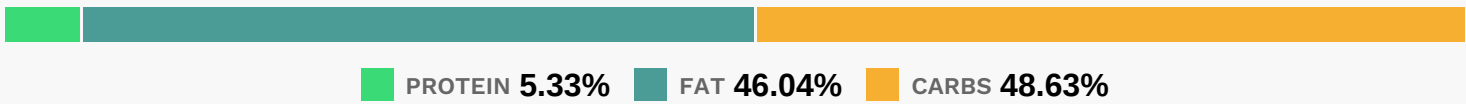
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line baking sheets with parchment paper.
- ☐ Stir together the flour, poppy seeds, baking powder and salt.
- ☐ In a medium bowl cream the butter and sugar together until light; beat in the egg yolk, lemon zest and lemon juice. Fold in the flour mixture and mix well.
- ☐ Divide dough in half and roll each half out on a lightly floured surface until 1/8 to 1/4 inch thick.
- ☐ Cut with cookie cutters and place cookies on the prepared baking sheet.
- ☐ Brush tops of cookies with beaten egg white and sprinkle with white sugar.
- ☐ Bake at 350 degrees F (175 degrees C) for 12 to 15 minutes or until golden, the edges should be light brown.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:5.81, Inflammation Score:-1, Nutrition Score:1.5547825930559%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 68.5kcal (3.43%), Fat: 3.56g (5.48%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 8.11g (2.95%), Sugar: 3.41g (3.79%), Cholesterol: 10.86mg (3.62%), Sodium: 46.05mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Manganese: 0.1mg (4.95%), Vitamin B1: 0.06mg (3.8%), Selenium: 2.52µg (3.6%), Folate: 12.81µg (3.2%), Iron: 0.4mg (2.22%), Vitamin B2: 0.04mg (2.19%), Calcium: 20.48mg (2.05%), Vitamin A: 98.67IU (1.97%), Vitamin B3: 0.38mg (1.9%), Phosphorus: 18.66mg (1.87%), Fiber: 0.36g (1.42%), Copper: 0.02mg (1.18%), Magnesium: 4.55mg (1.14%)