



Nice Spice Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



80 kcal

DESSERT

Ingredients

- 1 eggs
- 0.8 cup flour all-purpose sifted
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg
- 1 tablespoon lemon zest
- 0.3 cup brown sugar light packed
- 0.8 cup butter unsalted softened

Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer
- wooden spoon
- spatula

Directions

- Preheat oven to 350 degrees F. Lightly grease two baking sheets.
- In a large bowl beat the butter and sugar with an electric mixer until mixture is creamy and light.
- Add the egg, a little at a time, beating well between each addition.
- Add the lemon zest.
- Add the sifted flour and spices and, using a wooden spoon, stir well until the mixture forms a stiff dough.
- Knead dough lightly in the bowl and, using your hands, shape the dough into 25 small balls.
- Place the balls on the greased baking sheets, leaving room between each to spread during baking.
- Flatten each cookie slightly with the prongs of a fork dipped in flour. Press the fork in two directions to make a crisscross pattern.
- Bake for 10 minutes until golden.
- Remove from oven and let cool on a heatproof surface for five minutes. Then, with a spatula, transfer cookies to a cooling rack until cold.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:2.17, Inflammation Score:-1, Nutrition Score:1.2256521828797%

Nutrients (% of daily need)

Calories: 80.2kcal (4.01%), Fat: 5.99g (9.21%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 5.99g (2.18%), Sugar: 3.01g (3.35%), Cholesterol: 22.07mg (7.36%), Sodium: 4.37mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Vitamin A: 187.84IU (3.76%), Manganese: 0.07mg (3.68%), Selenium: 2.03µg (2.89%), Vitamin B1: 0.03mg (2.14%), Folate: 8.33µg (2.08%), Vitamin B2: 0.03mg (1.79%), Iron: 0.26mg (1.45%), Vitamin E: 0.19mg (1.27%), Vitamin B3: 0.25mg (1.23%)