



Old-Fashioned Lemon Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



235 kcal

DESSERT

Ingredients

- 3 cups flour all-purpose
- 1 teaspoon baking soda
- 0.3 teaspoon salt
- 1.8 cups granulated sugar
- 0.3 cup brown sugar packed
- 1 tablespoon juice of lemon fresh finely grated
- 1 cup butter unsalted softened (2 sticks)
- 2 large eggs

- 1 serving p of sugar for sprinkling

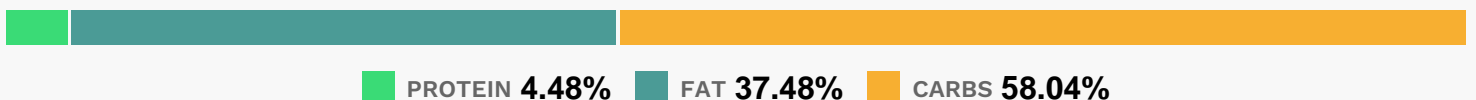
Equipment

- bowl
- baking sheet
- oven
- hand mixer
- spatula
- ice cream scoop
- pastry brush

Directions

- Preheat oven to 350 degrees. Sift flour, baking soda, and salt into a bowl; set aside.
- Put sugars and lemon zest in the bowl of an electric mixer fitted with the paddle attachment.
- Mix on medium speed 30 seconds.
- Add butter; mix until pale and fluffy, about 1 minute.
- Mix in eggs, 1 at a time, and then the lemon juice. Reduce speed; gradually add flour mixture, and mix until just combined.
- Scoop dough using a 2-inch ice cream scoop; space cookies 2 inches apart on parchment-lined baking sheets. Flatten cookies slightly with a spatula.
- Sprinkle tops with sanding sugar, then lightly brush with a wet pastry brush; sprinkle with more sanding sugar.
- Bake cookies until golden, about 15 minutes.
- Let cool on sheets on wire racks for 5 minutes.
- Transfer cookies to racks using a spatula; let cool completely. Cookies can be stored in an airtight container at room temperature up to 3 days.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:22.57, Inflammation Score:-3, Nutrition Score:3.6013043276642%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 234.77kcal (11.74%), Fat: 9.92g (15.27%), Saturated Fat: 6.02g (37.6%), Carbohydrates: 34.58g (11.53%), Net Carbohydrates: 34.07g (12.39%), Sugar: 20.23g (22.47%), Cholesterol: 43mg (14.33%), Sodium: 93.46mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Selenium: 8.14µg (11.63%), Vitamin B1: 0.15mg (10%), Folate: 37.18µg (9.3%), Vitamin B2: 0.12mg (7.22%), Manganese: 0.13mg (6.62%), Vitamin A: 310.68IU (6.21%), Vitamin B3: 1.12mg (5.6%), Iron: 0.99mg (5.49%), Phosphorus: 33.04mg (3.3%), Vitamin E: 0.33mg (2.19%), Fiber: 0.51g (2.03%), Vitamin D: 0.27µg (1.8%), Vitamin B5: 0.18mg (1.76%), Copper: 0.04mg (1.75%), Zinc: 0.21mg (1.39%), Magnesium: 5.25mg (1.31%), Calcium: 10.86mg (1.09%), Vitamin B12: 0.06µg (1.06%)