



Orange Poppy Seed Cookies

 Vegetarian

READY IN



32 min.

SERVINGS



42

CALORIES



48 kcal

DESSERT

Ingredients

- ☐ 0.7 cup sugar
- ☐ 0.5 cup butter room temperature
- ☐ 1 eggs room temperature
- ☐ 1 tablespoon orange zest
- ☐ 1.3 cup flour
- ☐ 0.5 teaspoon baking soda
- ☐ 1 pinch salt
- ☐ 1 tablespoon poppy seeds

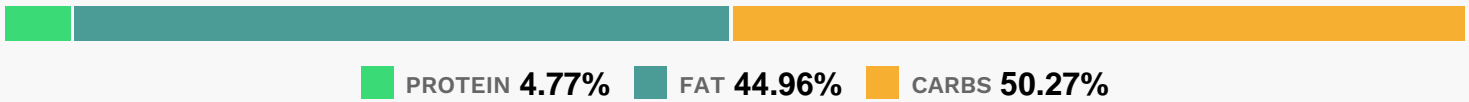
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Beat together the butter and sugar until light and fluffy, about 3 minutes.
- ☐ Add the egg and the orange zest, beat for thirty seconds, scraping down the bowl part way through to ensure even mixing.
- ☐ In a separate bowl, mix together the flour, baking soda, and salt. Slowly sift it into the butter mixture until just combined. Fold in the poppy seeds.
- ☐ Place heaping teaspoonfuls on a baking sheet lined with parchment paper or Silpat, allowing them space as they will spread as they bake.
- ☐ Bake at 350°F for 10–12 minutes or until just turning golden around the edges.
- ☐ Remove from oven.
- ☐ Let sit on the baking sheet for a minute or two to let the cookies solidify a bit, then transfer them to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:4.76, Glycemic Load:4.27, Inflammation Score:-1, Nutrition Score:0.83260868748893%

Nutrients (% of daily need)

Calories: 47.9kcal (2.4%), Fat: 2.43g (3.73%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.95g (2.16%), Sugar: 3.19g (3.54%), Cholesterol: 9.71mg (3.24%), Sodium: 32.98mg (1.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Selenium: 1.66µg (2.37%), Vitamin B1: 0.03mg (2.12%), Manganese: 0.04mg (2.01%), Folate: 7.6µg (1.9%), Vitamin A: 73.79IU (1.48%), Vitamin B2: 0.03mg (1.47%),

Iron: 0.22mg (1.2%), Vitamin B3: 0.22mg (1.12%)