

Princess Cookies

 Vegetarian

READY IN



65 min.

SERVINGS



48

CALORIES



89 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.3 cup juice of lemon
- ☐ 1 lemon zest
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

☐ 1.5 cups sugar white

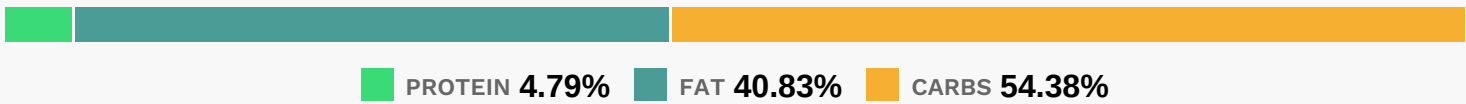
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Whisk together the flour, baking soda, and salt in a bowl until thoroughly combined. In a mixing bowl, beat the butter and sugar with an electric mixer until creamy, about 5 minutes, then beat in eggs, one at a time, incorporating each before adding the next. Beat in the lemon juice, lemon zest, and vanilla extract. Gently mix in the flour mixture until just incorporated. Chill the dough about 30 minutes.
- ☐ Scoop up about 1 1/2 teaspoon of dough per cookie, gently form into a ball, and place the balls onto baking sheets about 2 inches apart.
- ☐ Bake in the preheated oven until the cookies are set and just beginning to brown at the edges, about 8 minutes; cool on baking sheets for 1 minute before removing to finish cooling on racks.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:8.68, Inflammation Score:-1, Nutrition Score:1.4826086960409%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 89.49kcal (4.47%), Fat: 4.11g (6.32%), Saturated Fat: 2.5g (15.63%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 12.09g (4.4%), Sugar: 6.31g (7.01%), Cholesterol: 16.99mg (5.66%), Sodium: 80.28mg (3.49%), Alcohol: 0.01g (100%), Alcohol %: 0.08% (100%), Protein: 1.08g (2.17%), Selenium: 3.3µg (4.71%), Vitamin B1: 0.06mg (4.18%), Folate: 15.57µg (3.89%), Vitamin B2: 0.05mg (2.95%), Manganese: 0.05mg (2.72%), Vitamin A: 128.22IU (2.56%), Vitamin B3: 0.47mg (2.33%), Iron: 0.4mg (2.23%), Phosphorus: 13.32mg (1.33%)