



## Shortbread Lemon Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



134 kcal

DESSERT

### Ingredients

- 1.5 sticks butter softened
- 2 eggs divided
- 1 tablespoon lemon zest
- 2 cups almond flour finely
- 0.5 cup caster sugar
- 1.3 cups flour all-purpose
- 1 tablespoon juice of lemon
- 4 small optional: lemon dried whole with peel, washed, , and cut into very thin slices

36 servings powdered sugar for sprinkling

## Equipment

baking sheet

oven

blender

broiler

## Directions

Beat butter with one egg.

Add almond flour, sugar, all-purpose flour, and lemon juice, and mix with the mixer on the lowest setting.

Shape the dough into two rolls, about 2 inches each in diameter, and put in the refrigerator for 3 hours.

Preheat oven to 35

Slice each log into cookies, about 1/8 inch thick, and place on a lightly greased baking sheet.

Beat the second egg and brush the top of each cookie with it.

Place one lemon slice on top of each cookie.

Sprinkle with sugar and bake for 12–15 minutes.

If you like the tops of the cookies browned, put them under the broiler the last 5 minutes of baking.

Cool and optionally sprinkle with powdered sugar (optional).

## Nutrition Facts



**PROTEIN 6.42%** **FAT 46.32%** **CARBS 47.26%**

## Properties

Glycemic Index:6.13, Glycemic Load:4.54, Inflammation Score:-1, Nutrition Score:1.8360869565217%

## Flavonoids

Eriodictyol: 2.58mg, Eriodictyol: 2.58mg, Eriodictyol: 2.58mg, Eriodictyol: 2.58mg Hesperetin: 3.41mg, Hesperetin: 3.41mg, Hesperetin: 3.41mg, Hesperetin: 3.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Taste

Sweetness: 97.65%, Saltiness: 13.73%, Sourness: 100%, Bitterness: 70.82%, Savoriness: 11.53%, Fattiness: 68.6%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 133.67kcal (6.68%), Fat: 7.22g (11.11%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 16.58g (5.53%), Net Carbohydrates: 15.44g (5.62%), Sugar: 11.16g (12.39%), Cholesterol: 19.22mg (6.41%), Sodium: 34.27mg (1.49%), Protein: 2.25g (4.5%), Vitamin C: 6.74mg (8.17%), Fiber: 1.13g (4.53%), Selenium: 2.38µg (3.4%), Iron: 0.56mg (3.11%), Vitamin B1: 0.04mg (2.69%), Vitamin A: 133.61IU (2.67%), Folate: 10.66µg (2.66%), Vitamin B2: 0.04mg (2.29%), Calcium: 19.69mg (1.97%), Manganese: 0.03mg (1.72%), Vitamin B3: 0.27mg (1.37%), Phosphorus: 12.63mg (1.26%), Vitamin E: 0.16mg (1.04%)