



Stained-Glass Lemon Cookies

READY IN



45 min.

SERVINGS



30

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 2.3 cups flour
- ☐ 1 large egg yolk
- ☐ 2 teaspoons lemon zest grated
- ☐ 6 ounces m&m candies green red hard ()
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 30 servings sugar
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 1 teaspoon vanilla extract

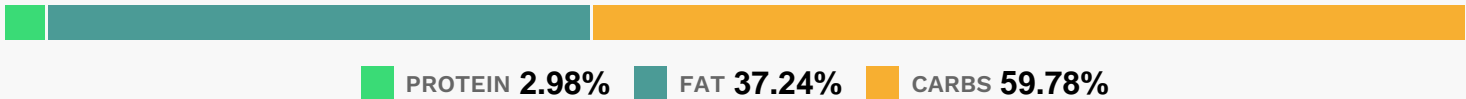
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Using electric mixer, beat butter and 3/4 cup sugar in large bowl until well blended. Beat in egg yolk, lemon peel and vanilla extract.
- ☐ Add all purpose flour and salt and beat until mixture begins to clump together. Divide dough into 3 equal pieces. Flatten each piece into disk; wrap each in plastic and refrigerate 2 hours. (Can be prepared 2 days ahead. Soften dough slightly at room temperature before rolling out.)
- ☐ Finely grind red and/or green hard candies separately in processor.
- ☐ Transfer each color of candy to separate small bowl; cover candies and set aside.
- ☐ Position 1 rack in center and 1 rack in top third of oven and preheat oven to 375°F. Line 2 large baking sheets with parchment paper.
- ☐ Roll out 1 dough disk on lightly floured surface to 1/4-inch thickness. Using 2 1/2- to 2 3/4-inch-diameter cookie cutter or biscuit cutter, cut out cookies. Using small (about 1 inch in diameter) cookie cutter, make cutouts in center of each cookie.
- ☐ Transfer cookies to prepared baking sheets. Spoon ground hard candies into cookie cutouts, filling cutouts completely to same thickness as cookies.
- ☐ Sprinkle cookies lightly with additional sugar. Repeat with remaining dough disks, ground hard candies and additional sugar. Reroll dough scraps and cut out additional cookies.
- ☐ Place on baking sheets; fill with hard candies and sprinkle with additional sugar.
- ☐ Bake cookies until firm and light golden and ground candies look translucent, about 8 minutes. Cool cookies completely on baking sheets. (Can be prepared ahead. Store in airtight container at room temperature up to 1 week or freeze up to 1 month.)

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:17.04, Inflammation Score:-2, Nutrition Score:1.8391304171604%

Nutrients (% of daily need)

Calories: 184.56kcal (9.23%), Fat: 7.76g (11.94%), Saturated Fat: 4.78g (29.85%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 27.61g (10.04%), Sugar: 20.57g (22.85%), Cholesterol: 23.24mg (7.75%), Sodium: 44.1mg (1.92%), Alcohol: 0.05g (100%), Alcohol %: 0.14% (100%), Protein: 1.4g (2.79%), Selenium: 3.67µg (5.25%), Vitamin B1: 0.08mg (5%), Folate: 18.23µg (4.56%), Vitamin A: 210.03IU (4.2%), Manganese: 0.07mg (3.28%), Vitamin B2: 0.06mg (3.26%), Iron: 0.53mg (2.95%), Vitamin B3: 0.56mg (2.79%), Fiber: 0.42g (1.68%), Phosphorus: 14.18mg (1.42%), Vitamin E: 0.2mg (1.31%), Calcium: 10.92mg (1.09%)