

health-score62%

Apricot-Almond Thumbprints

VegetarianVery Healthy

READY IN

ready

120 min.

SERVINGS

servings

1

CALORIES

calories

7689 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1.5 cups almonds sliced chopped
- ☐ 0.8 cup apricot preserves
- ☐ 0.7 cup firmly brown sugar light packed
- ☐ 2 cups butter softened
- ☐ 4.7 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.3 teaspoon kosher salt

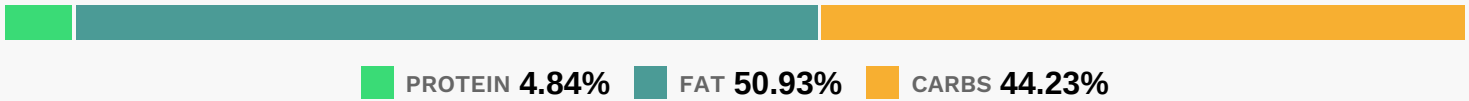
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ Beat first 5 ingredients at medium speed with an electric mixer 3 to 5 minutes or until creamy.
- ☐ Add flour; beat just until blended.
- ☐ Shape dough into 1-inch balls (about 1 Tbsp. per ball), and roll in almonds.
- ☐ Place 2 inches apart on 2 parchment paper lined-baking sheets. Press thumb or end of a wooden spoon into each ball, forming an indentation. Chill 20 minutes.
- ☐ Preheat oven to 35
- ☐ Bake 15 minutes or until bottoms are light golden brown. Cool on baking sheets 10 minutes; transfer to wire racks, and cool 10 minutes. Spoon 1/2 tsp. apricot preserves into each indentation.

Nutrition Facts



Properties

Glycemic Index:205.09, Glycemic Load:416.52, Inflammation Score:-10, Nutrition Score:70.560434548751%

Flavonoids

Cyanidin: 3.39mg, Cyanidin: 3.39mg, Cyanidin: 3.39mg, Cyanidin: 3.39mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epigallocatechin: 3.57mg, Epigallocatechin: 3.57mg, Epigallocatechin: 3.57mg, Epigallocatechin: 3.57mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg

3.64mg, Isorhamnetin: 3.64mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 7689.13kcal (384.46%), Fat: 443.56g (682.39%), Saturated Fat: 239.52g (1497.01%), Carbohydrates: 866.68g (288.89%), Net Carbohydrates: 833.15g (302.96%), Sugar: 360.7g (400.78%), Cholesterol: 976.1mg (325.37%), Sodium: 3627.37mg (157.71%), Alcohol: 1.38g (100%), Alcohol %: 0.11% (100%), Protein: 94.79g (189.59%), Manganese: 7.31mg (365.63%), Vitamin B1: 4.89mg (325.68%), Vitamin E: 46.44mg (309.61%), Selenium: 214.06µg (305.8%), Folate: 1145.08µg (286.27%), Vitamin B2: 4.68mg (275.14%), Vitamin A: 11710.59IU (234.21%), Vitamin B3: 39.87mg (199.34%), Iron: 34.26mg (190.36%), Phosphorus: 1414.17mg (141.42%), Fiber: 33.53g (134.13%), Magnesium: 530.81mg (132.7%), Copper: 2.52mg (126.02%), Calcium: 727.03mg (72.7%), Zinc: 8.97mg (59.78%), Potassium: 2085.07mg (59.57%), Vitamin B5: 3.93mg (39.32%), Vitamin K: 33.53µg (31.93%), Vitamin B6: 0.56mg (27.8%), Vitamin C: 15.61mg (18.93%), Vitamin B12: 0.77µg (12.86%)