

Apricot Tea Cookies

 Vegetarian

READY IN



55 min.

SERVINGS



24

CALORIES



129 kcal

DESSERT

Ingredients

- 0.5 cup butter cold cubed
- 1 cup powdered sugar
- 4 ounces cream cheese
- 1.3 cups apricot dried chopped
- 1.3 cups flour all-purpose
- 5 tablespoons orange juice
- 0.1 teaspoon salt
- 1 tablespoon cream sour

- 0.5 cup sugar
- 4 teaspoons water

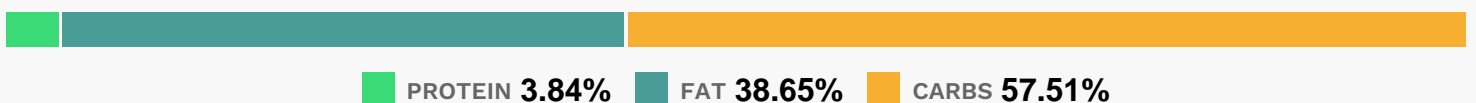
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- In a large bowl, combine the flour, sugar and salt.
- Cut in cream cheese and butter until mixture resembles coarse crumbs.
- Add sour cream, tossing with a fork until dough forms a ball. Cover and refrigerate for at least 1 hour.
- Meanwhile, in a large saucepan, combine the filling ingredients; bring to a boil. Reduce heat; cover and simmer for 10 minutes. Uncover; simmer 7–9 minutes longer or until most of the liquid is absorbed, stirring occasionally. Cool.
- Divide dough in half. On a well-floured surface, roll out each portion into a 10-in. square; cut each into 2-in. squares.
- Place about 1/2 teaspoon of filling in the center of each square. Bring two opposite corners of square to the center; pinch firmly to seal.
- Place on greased baking sheets.
- Bake at 325° for 18–20 minutes or until edges are lightly browned.
- Remove to wire racks to cool.
- Combine the glaze ingredients; drizzle over cooled cookies.

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:8.01, Inflammation Score:-3, Nutrition Score:2.2795652254768%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 128.54kcal (6.43%), Fat: 5.68g (8.73%), Saturated Fat: 3.45g (21.55%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 18.32g (6.66%), Sugar: 13.18g (14.64%), Cholesterol: 15.23mg (5.08%), Sodium: 58.54mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin A: 435.86IU (8.72%), Selenium: 2.89µg (4.12%), Vitamin B1: 0.06mg (3.78%), Folate: 14.25µg (3.56%), Vitamin B2: 0.05mg (3.13%), Manganese: 0.06mg (3.09%), Vitamin E: 0.45mg (3.01%), Vitamin B3: 0.58mg (2.9%), Potassium: 100.77mg (2.88%), Iron: 0.5mg (2.78%), Fiber: 0.68g (2.71%), Vitamin C: 1.84mg (2.23%), Phosphorus: 19.01mg (1.9%), Copper: 0.04mg (1.79%), Calcium: 11.44mg (1.14%), Magnesium: 4.57mg (1.14%), Vitamin B5: 0.1mg (1.04%)