



Blackberry Walnut Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



153 kcal

DESSERT

Ingredients

- 4 tablespoons butter
- 1.8 cups flour all-purpose
- 0.3 cup granulated sugar
- 0.3 cup brown sugar light packed
- 0.3 cup brown sugar light packed
- 0.5 cup raspberry jam seedless
- 1 teaspoon vanilla extract pure
- 1 cup walnuts cooled toasted finely chopped

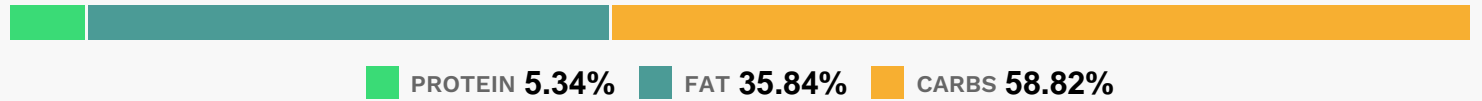
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350F with rack in middle. Blend together butter, sugars, vanilla, and 3/4 tsp salt in a bowl with a fork. Stir in flour and nuts (dough will be sticky).Form level tablespoons of dough into balls (total of 4
- and arrange 2 inches apart on 2 ungreased large baking sheets. Flatten balls to 1/3 inch thick using bottom of a glass dipped in flour.
- Bake, 1 sheet at a time, until edges are golden, about 20 minutes. Cool cookies on sheets 5 minutes, then transfer to racks to cool completely.Spoon 1 tsp jam onto flat sides of 20 cookies, then sandwich with remaining cookies. Dust with confectioner's sugar.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:11.04, Inflammation Score:-2, Nutrition Score:3.1804347826087%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Taste

Sweetness: 100%, Saltiness: 10.03%, Sourness: 19.87%, Bitterness: 17.24%, Savoriness: 5.16%, Fattiness: 37.3%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 152.88kcal (7.64%), Fat: 6.21g (9.55%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 22.92g (7.64%), Net Carbohydrates: 22.14g (8.05%), Sugar: 12.16g (13.51%), Cholesterol: 6.02mg (2.01%), Sodium: 22.64mg (0.98%), Protein: 2.08g (4.16%), Manganese: 0.28mg (14.09%), Vitamin B1: 0.11mg (7.16%), Folate: 26.82µg (6.71%), Selenium: 4.27µg (6.1%), Copper: 0.12mg (6.01%), Iron: 0.76mg (4.22%), Vitamin B2: 0.07mg (4.17%), Vitamin B3: 0.72mg (3.61%), Phosphorus: 34.57mg (3.46%), Magnesium: 12.56mg (3.14%), Fiber: 0.78g (3.12%), Vitamin B6: 0.04mg

(2.02%), Zinc: 0.27mg (1.78%), Potassium: 52.38mg (1.5%), Calcium: 14.36mg (1.44%), Vitamin A: 71.14IU (1.42%)