



Blueberry Jam Sandwich Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



164 kcal

DESSERT

Ingredients

- ☐ 2.3 cups flour
- ☐ 12 ounces blueberries fresh
- ☐ 2 large egg yolk
- ☐ 3 tablespoons lemon zest finely grated
- ☐ 2 tablespoons premium fruit pectin
- ☐ 24 servings sugar raw (for sprinkling)
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

- ☐ 1 cup butter unsalted room temperature (2 sticks)

Equipment

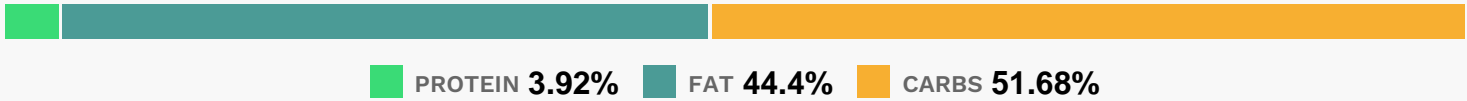
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Combine blueberries, fruit pectin, and butter in large nonstick skillet. Stir constantly over medium-high heat until mixture boils.
- ☐ Add sugar and return to boil, stirring until sugar dissolves. Boil until mixture is reduced to 1 1/3 cups, about 5 minutes.
- ☐ Remove from heat.
- ☐ Transfer mixture to small glass bowl; cover and chill until jam is cold, at least 6 hours (jam will thicken slightly while chilling). DO AHEAD: Can be made 1 week ahead. Keep chilled.
- ☐ Using electric mixer, beat butter, 1 cup sugar, lemon peel, and salt in large bowl until light and fluffy, about 2 minutes.
- ☐ Add yolks and beat until blended.
- ☐ Add flour in 2 additions, beating just until blended after each addition. Gather dough together; divide in half.
- ☐ Place 1 dough half on sheet of waxed paper or parchment paper. Form dough into 1 1/2-inch-wide square or round log; smooth with dampened fingers. Wrap log in waxed paper. Repeat with second dough half. Chill dough until firm, at least 4 hours. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- ☐ Position rack in center of oven and preheat to 400°F. Line 2 large rimmed baking sheets with silicone baking mats, smooth side up, or parchment paper.
- ☐ Cut dough logs into scant 1/4-inch-thick squares or rounds. Arrange on prepared baking sheets, spacing 2 inches apart.

- ☐ Sprinkle half of doughsquares or rounds generously with rawsugar (leave remaining plain).
- ☐ Bake cookies, 1 sheet at a time, until edges are light golden, 10 to 12 minutes.
- ☐ Transfer cookies to rack and cool completely.DO AHEAD: Can be made 3 days ahead. Store airtight at room temperature.
- ☐ Just before serving, spread 1 generous teaspoon jam over bottom (flat side) of each plain (not sugared) cookie. Top each with sugared cookie, sugared side up, and serve.
- ☐ * Also called turbinado or demerara sugar; available at most supermarkets and at natural foods stores.
- ☐ Powdered fruit pectin can be found in the baking aisle at many supermarkets.

Nutrition Facts



Properties

Glycemic Index:7.71, Glycemic Load:12.97, Inflammation Score:-3, Nutrition Score:2.9386956484421%

Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Petunidin: 4.47mg, Petunidin: 4.47mg, Petunidin: 4.47mg, Petunidin: 4.47mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 9.58mg, Malvidin: 9.58mg, Malvidin: 9.58mg, Malvidin: 9.58mg Peonidin: 2.88mg, Peonidin: 2.88mg, Peonidin: 2.88mg, Peonidin: 2.88mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 163.54kcal (8.18%), Fat: 8.24g (12.68%), Saturated Fat: 5.02g (31.36%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 20.74g (7.54%), Sugar: 10.8g (12%), Cholesterol: 35.64mg (11.88%), Sodium: 28.94mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.27%), Selenium: 4.93µg (7.04%), Vitamin B1: 0.1mg (6.72%), Manganese: 0.13mg (6.52%), Folate: 24.76µg (6.19%), Vitamin A: 264.86IU (5.3%), Vitamin B2: 0.08mg (4.55%), Vitamin B3: 0.76mg (3.79%), Iron: 0.67mg (3.73%), Fiber: 0.84g (3.37%), Vitamin K: 3.44µg (3.28%), Vitamin C: 2.34mg (2.84%), Vitamin E: 0.35mg (2.3%), Phosphorus: 22.28mg (2.23%), Copper: 0.03mg (1.71%), Vitamin D: 0.22µg (1.46%), Vitamin B5: 0.13mg (1.25%), Zinc: 0.15mg (1.03%)