



Blueberry Thumbprint Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



105 kcal

DESSERT

Ingredients

- 0.3 cup almond flour
- 1 egg yolk
- 1.3 cup flour
- 0.3 cup brown sugar light
- 0.5 cup blueberries such as hero
- 0.5 tsp salt
- 0.3 cup sugar
- 1 stick butter unsalted at room temperature

0.5 tsp vanilla

Equipment

bowl

oven

whisk

wire rack

plastic wrap

Directions

In a small bowl, whisk together almond flour, flour, and salt.

In a large bowl, beat together butter, light brown sugar, and sugar with an electric beater until light and fluffy. Beat in vanilla and egg yolk.

Mix in flour mixture until just incorporated. Wrap dough in plastic wrap and chill in refrigerator for 30 minutes.

Preheat oven to 325 degrees.

Roll dough in 1 inch balls. Use your thumb to press a deep indent in the center of each ball.

Bake until golden, about 15 minutes.

Let cookies cool on a wire rack. Fill each indent with blueberry preserves.

Nutrition Facts



PROTEIN 5.34% **FAT 49.23%** **CARBS 45.43%**

Properties

Glycemic Index:9.25, Glycemic Load:6.24, Inflammation Score:-1, Nutrition Score:1.7252173916153%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg Delphinidin: 1.31mg, Delphinidin: 1.31mg, Delphinidin: 1.31mg, Delphinidin: 1.31mg Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.02mg,

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 104.88kcal (5.24%), Fat: 5.84g (8.99%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 11.63g (4.23%), Sugar: 5.64g (6.27%), Cholesterol: 21.87mg (7.29%), Sodium: 60.19mg (2.62%), Alcohol: 0.04g (100%), Alcohol %: 0.18% (100%), Protein: 1.42g (2.85%), Selenium: 3.26µg (4.66%), Vitamin B1: 0.06mg (4.31%), Folate: 16.03µg (4.01%), Manganese: 0.07mg (3.43%), Vitamin A: 156.17IU (3.12%), Vitamin B2: 0.05mg (2.79%), Iron: 0.49mg (2.73%), Vitamin B3: 0.48mg (2.41%), Fiber: 0.5g (1.99%), Phosphorus: 13.86mg (1.39%), Vitamin E: 0.18mg (1.2%), Vitamin K: 1.14µg (1.09%), Calcium: 10.19mg (1.02%)