



HEALTH SCORE

54%

Caramel Apricot Thumbprint Cookies



Vegetarian

READY IN



57 min.

SERVINGS



1

CALORIES



3644 kcal

DESSERT

Ingredients

- ☐ 2 cups pillsbury best® all purpose flour
- ☐ 0.5 cup smucker's® apricot preserves
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 1 butter flavor all-vegetable shortening sticks cut into slices or 1 cup crisco® butter shortening crisco®
- ☐ 0.5 cup smucker's® caramel spoonable ice cream topping
- ☐ 3 large eggs separated
- ☐ 2 cups pecans finely chopped
- ☐ 0.3 teaspoon salt

- ☐ 1.5 tablespoons vanilla extract
- ☐ 2 tablespoons water

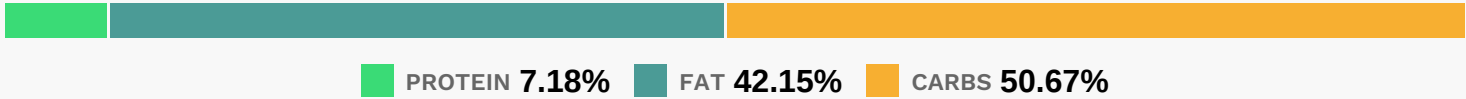
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ HEAT oven to 350F. Adjust rack to middle position. Coat two cookie sheets lightly with no-stick cooking spray.
- ☐ BEAT brown sugar and shortening in medium bowl with an electric mixer at medium speed for 2 minutes or until fluffy. Scrape down sides of bowl.
- ☐ Add egg yolks, water, vanilla and salt. Beat until well combined.
- ☐ Add flour on low speed until well blended.
- ☐ BEAT egg whites in a shallow bowl until foamy.
- ☐ Place pecans in a separate shallow bowl. Measure about 2 teaspoons dough for each cookie. Form into balls by rolling between your palms. Dip each dough ball into egg whites, then roll in pecans.
- ☐ Place on prepared cookie sheet. Using the back of a teaspoon or your thumb, make a rounded indentation in the top of each cookie.
- ☐ BAKE 10 minutes.
- ☐ Remove from oven. It may be necessary to create the indentation once again with a spoon.
- ☐ Place about 1/2 teaspoon caramel topping into the indentation of each cookie. Then place about 1/2 teaspoon preserves on top of the caramel.
- ☐ Bake an additional 5 to 7 minutes or until lightly browned.
- ☐ Remove from oven. Allow cookies to cool on baking sheet for several minutes.
- ☐ Remove to cooling rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:138.96, Inflammation Score:-10, Nutrition Score:64.970869313116%

Flavonoids

Cyanidin: 23.41mg, Cyanidin: 23.41mg, Cyanidin: 23.41mg, Cyanidin: 23.41mg Delphinidin: 15.87mg, Delphinidin: 15.87mg, Delphinidin: 15.87mg, Delphinidin: 15.87mg Catechin: 16.15mg, Catechin: 16.15mg, Catechin: 16.15mg, Catechin: 16.15mg Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3-gallate: 5.01mg, Epigallocatechin 3-gallate: 5.01mg, Epigallocatechin 3-gallate: 5.01mg, Epigallocatechin 3-gallate: 5.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 3644.23kcal (182.21%), Fat: 174.92g (269.11%), Saturated Fat: 18.82g (117.62%), Carbohydrates: 473.13g (157.71%), Net Carbohydrates: 445.09g (161.85%), Sugar: 234.8g (260.89%), Cholesterol: 558mg (186%), Sodium: 1266.11mg (55.05%), Alcohol: 6.71g (100%), Alcohol %: 0.84% (100%), Protein: 67.05g (134.11%), Manganese: 11.78mg (588.88%), Vitamin B1: 3.46mg (230.91%), Selenium: 144.24µg (206.06%), Copper: 3.27mg (163.66%), Folate: 580.5µg (145.13%), Vitamin B2: 2.25mg (132.26%), Phosphorus: 1224.05mg (122.4%), Iron: 21.13mg (117.39%), Fiber: 28.03g (112.13%), Zinc: 13.69mg (91.27%), Magnesium: 359.72mg (89.93%), Vitamin B3: 17.67mg (88.35%), Vitamin B5: 5.64mg (56.37%), Potassium: 1709.25mg (48.84%), Vitamin B6: 0.9mg (44.83%), Calcium: 447.84mg (44.78%), Vitamin E: 5.05mg (33.66%), Vitamin B12: 1.54µg (25.64%), Vitamin A: 1276.28IU (25.53%), Vitamin D: 3µg (20%), Vitamin C: 13.37mg (16.21%), Vitamin K: 9.36µg (8.92%)