



Chocolate Thumbprints I

READY IN



45 min.

SERVINGS



24

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter softened
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 26 milk chocolate candy kisses
- ☐ 2 teaspoons milk
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.3 teaspoon vanilla extract

- ☐ 1 cup walnuts finely chopped
- ☐ 0.7 cup sugar white

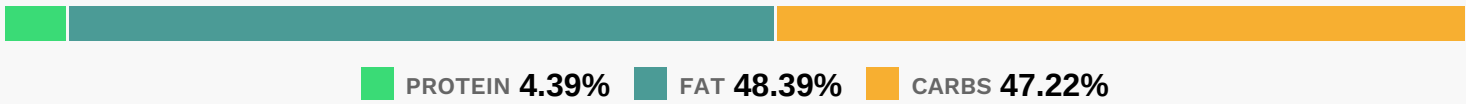
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Beat 1/2 cup butter or margarine, white sugar, egg yolk, 2 tablespoons milk and 1 teaspoon vanilla until light and fluffy.
- ☐ Combine flour, cocoa and salt; gradually add to butter mixture. Cover and chill 1 hour or until firm enough to roll into balls.
- ☐ Meanwhile, in a small bowl, lightly beat egg white.
- ☐ Preheat oven to 350 degrees F (180 degrees C).
- ☐ Shape dough into 1 inch balls; dip in egg white, then roll in nuts.
- ☐ Place on greased baking sheets. Make an indentation with thumb in center of each cookie.
- ☐ Bake for 10–12 minutes or until center is set.
- ☐ To Make the Filling: In a small bowl, combine 1/2 cup confectioner's sugar, 1 tablespoon of butter or margarine, 2 teaspoons of milk and 1/4 teaspoon of vanilla extract.
- ☐ Mix until smooth.
- ☐ Spoon 1/4 teaspoon of the filling into each warm cookie; gently press a chocolate kiss (unwrapped) in the center. Carefully remove from baking sheet to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:12.32, Glycemic Load:13.92, Inflammation Score:-2, Nutrition Score:5.027826105123%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 245.64kcal (12.28%), Fat: 14.45g (22.22%), Saturated Fat: 6.86g (42.87%), Carbohydrates: 31.72g (10.57%), Net Carbohydrates: 29.14g (10.6%), Sugar: 23.8g (26.44%), Cholesterol: 8.12mg (2.71%), Sodium: 36.15mg (1.57%), Alcohol: 0.01g (100%), Alcohol %: 0.03% (100%), Caffeine: 22.77mg (7.59%), Protein: 2.95g (5.89%), Manganese: 0.4mg (19.93%), Copper: 0.31mg (15.32%), Magnesium: 49.37mg (12.34%), Fiber: 2.58g (10.31%), Phosphorus: 80.04mg (8%), Iron: 1.42mg (7.91%), Vitamin B2: 0.12mg (7.03%), Selenium: 3.65µg (5.21%), Zinc: 0.75mg (5%), Vitamin B1: 0.07mg (4.37%), Folate: 16.48µg (4.12%), Potassium: 136.72mg (3.91%), Vitamin B3: 0.59mg (2.97%), Vitamin B6: 0.05mg (2.32%), Vitamin K: 2.14µg (2.03%), Calcium: 16.15mg (1.61%), Vitamin B5: 0.11mg (1.05%)