



Cranberry Cornmeal Linzer Cookies

 Vegetarian

READY IN



115 min.

SERVINGS



42

CALORIES



51 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup brown sugar
- 1.5 tablespoons butter
- 0.5 cup cornmeal
- 1.5 cups cranberries finely chopped
- 1 eggs
- 1.5 cups flour all-purpose
- 1.5 tablespoons juice of lemon

- 0.4 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup water
- 0.8 cup sugar white

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- plastic wrap
- hand mixer
- cookie cutter

Directions

- Beat 3/4 cup butter and and white sugar together in a bowl with an electric mixer until creamy. Beat egg into butter mixture.
- Whisk flour, cornmeal, baking powder, and salt together in a bowl. Gradually add flour mixture to butter mixture; stir. Beat vanilla into butter mixture. Form dough into a ball, wrap tightly in plastic wrap, and refrigerate until firm, at least 1 hour.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease baking sheets.
- Roll dough out onto a lightly floured surface to 1/8-inch thick.
- Cut dough with a round or Linzer cookie cutter. Use a smaller cutter to cut the center from the tops.
- Place cookie bottoms and tops 1-inch apart on prepared baking sheets.
- Bake in the preheated oven until edges are lightly golden, 10 to 12 minutes.
- Transfer to wire racks to cool.
- Stir cranberries, brown sugar, and water together in a saucepan over medium-high heat; cook until cranberries are soft, about 10 minutes. Stir butter and lemon juice into cranberry mixture;

remove from heat and cool.

- Spread a small amount of the cranberry mixture onto one side of the bottom half of a cookie.
- Place the top half of the cookie on top of the cranberry mixture. Repeat assembly process with remaining cookies and cranberry filling.

Nutrition Facts

PROTEIN 6.24% **FAT 11.82%** **CARBS 81.94%**

Properties

Glycemic Index:9.54, Glycemic Load:5.94, Inflammation Score:-1, Nutrition Score:1.1639130245084%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 51.07kcal (2.55%), Fat: 0.68g (1.04%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 10.14g (3.69%), Sugar: 5.48g (6.09%), Cholesterol: 4.97mg (1.66%), Sodium: 36.43mg (1.58%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Protein: 0.8g (1.61%), Manganese: 0.06mg (2.87%), Selenium: 2µg (2.86%), Vitamin B1: 0.04mg (2.78%), Folate: 9.48µg (2.37%), Vitamin B2: 0.03mg (1.78%), Iron: 0.32mg (1.75%), Fiber: 0.43g (1.72%), Vitamin B3: 0.32mg (1.59%), Phosphorus: 13.87mg (1.39%)