



Dulce de Leche Thumbprint Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



128 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.5 cup butter at room temperature
- ☐ 0.5 cup dulce de leche homemade store bought
- ☐ 1 large eggs at room temperature
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 0.3 teaspoon vanilla extract

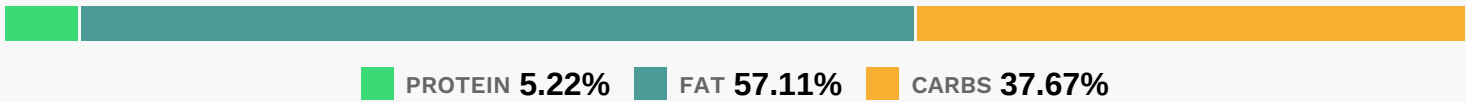
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F. Line a large cookie sheet with parchment paper.Using an electric mixer, beat together butter and sugar on medium speed until light and fluffy, about 4 to 5 minutes.
- ☐ Add the egg, vanilla extract and salt until combined. Lower the speed of the mixer to low and add all-purpose flour in two additions.Form the dough into 12 balls.
- ☐ Place the balls of dough on prepared baking sheet, about 1 inch apart. Using the round part of a 1/4-teaspoon measure, make a deep indentation in each ball.
- ☐ Bake the cookies until firm to the touch and golden on the bottom, about 10 minutes.Allow the cookies to cool on the baking sheets for 5 minutes, then transfer and cool on wire cooling rack.When ready to serve, fill the indentations with dulce de leche or arequipe.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:8.66, Inflammation Score:-2, Nutrition Score:2.1804347712061%

Nutrients (% of daily need)

Calories: 127.97kcal (6.4%), Fat: 8.18g (12.59%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 11.86g (4.31%), Sugar: 4.22g (4.69%), Cholesterol: 35.84mg (11.95%), Sodium: 70.22mg (3.05%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 1.68g (3.36%), Selenium: 4.93µg (7.04%), Vitamin B1: 0.08mg (5.59%), Folate: 21.3µg (5.33%), Vitamin A: 258.86IU (5.18%), Vitamin B2: 0.07mg (4.39%), Manganese: 0.07mg (3.63%), Iron: 0.56mg (3.11%), Vitamin B3: 0.62mg (3.11%), Phosphorus: 21.77mg (2.18%), Vitamin E: 0.27mg (1.8%), Vitamin B5: 0.12mg (1.2%), Fiber: 0.28g (1.13%)