



Fruit-Filled Cookies

READY IN



30 min.

SERVINGS



1

CALORIES



3635 kcal

DESSERT

Ingredients

- 0.3 oz active yeast dry
- 1 cup butter cut into pieces
- 12 oz cherry dessert filling canned
- 1 large eggs lightly beaten
- 3 cups flour all-purpose
- 0.5 cup warm milk (100° to 110°)
- 1 serving powdered sugar
- 0.5 teaspoon salt
- 1 tablespoon sugar

- 0.5 teaspoon vanilla extract

Equipment

- baking sheet
- baking paper
- oven
- whisk
- blender
- plastic wrap
- cookie cutter

Directions

- Stir together first 3 ingredients.
- Cut butter into flour mixture with a pastry blender or 2 forks until crumbly.
- Whisk together yeast and warm milk.
- Let stand 10 minutes. (
 Mixture does not foam.) Stir in egg and vanilla.
- Add milk mixture to flour mixture, stirring until dry ingredients are moistened. Divide dough into fourths; wrap each portion in plastic wrap, and chill 30 minutes.
- Roll each portion of dough to 1/8-inch thickness on a flat surface lightly dusted with powdered sugar.
- Cut into 3-inch squares. Spoon 1 heaping teaspoonful of apricot or cherry dessert filling in center of each square.
- Fold 2 opposite corners to center, slightly overlapping.
- Place on parchment paper-lined baking sheets.
- Bake at 350 for 18 to 20 minutes or until lightly golden. Cool cookies on baking sheet 5 minutes.
- Remove to wire racks, and let cool completely.
- Sprinkle cookies with powdered sugar before serving.
- Note: For testing purposes only, we used Solo Filling for Pastries, Cakes, and Desserts.

- Snowflake Cookies: Omit dessert filling. Prepare and roll out dough as directed.
- Cut dough with a 3 3/4-inch snowflake-shaped cookie cutter.
- Place on parchment paper-lined baking sheets.
- Sprinkle with sparkling sugar.
- Bake at 350 for 10 minutes or until lightly golden. Cool cookies as directed. Makes about 5 dozen. Prep: 20 min., Stand: 10 min., Chill: 30 min.,
- Bake: 10 min. per batch.

Nutrition Facts

PROTEIN 6.06%

FAT 48.79%

CARBS 45.15%

Properties

Glycemic Index:233.09, Glycemic Load:217.64, Inflammation Score:-10, Nutrition Score:56.205217693163%

Nutrients (% of daily need)

Calories: 3634.63kcal (181.73%), Fat: 197.25g (303.46%), Saturated Fat: 121.23g (757.66%), Carbohydrates: 410.72g (136.91%), Net Carbohydrates: 396.65g (144.24%), Sugar: 27.25g (30.28%), Cholesterol: 688.69mg (229.56%), Sodium: 2812.52mg (122.28%), Alcohol: 0.69g (100%), Alcohol %: 0.08% (100%), Protein: 55.09g (110.18%), Vitamin B1: 3.91mg (260.55%), Folate: 896.01µg (224%), Selenium: 149.11µg (213.01%), Vitamin B2: 2.67mg (157.07%), Vitamin A: 6837.77IU (136.76%), Manganese: 2.71mg (135.45%), Vitamin B3: 25.73mg (128.67%), Iron: 19.31mg (107.3%), Phosphorus: 778mg (77.8%), Fiber: 14.07g (56.29%), Copper: 0.88mg (44.2%), Vitamin B5: 4.29mg (42.86%), Vitamin E: 6.08mg (40.52%), Magnesium: 135.59mg (33.9%), Calcium: 329.48mg (32.95%), Potassium: 1136.22mg (32.46%), Zinc: 4.71mg (31.43%), Vitamin B6: 0.56mg (28.2%), Vitamin B12: 1.49µg (24.91%), Vitamin K: 17.56µg (16.72%), Vitamin D: 2.34µg (15.61%), Vitamin C: 12.27mg (14.87%)