



## Hawaiian Blackberry Jam Slices

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



74 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 cup smucker's® blackberry jam
- 2 large egg whites
- 6.5 ounce roasted salted
- 0.3 cup sugar
- 1.5 cups coconut or sweetened flaked

### Equipment

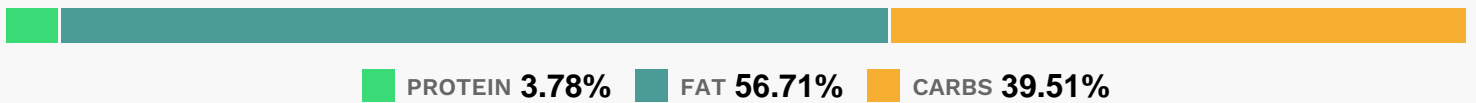
- food processor
- baking sheet

- sauce pan
- baking paper
- oven
- wooden spoon

## Directions

- Preheat oven to 350 degrees. Line a large baking sheet with parchment paper or waxed paper; set aside.
- In food processor, process nuts and sugar at medium speed until finely ground.
- Add coconut and process until well combined.
- Add egg whites and process again until mixture is evenly moistened.
- Transfer dough to prepared baking sheet; shape mixture into 2 1/2 x 3-inch logs (each log should be about 1/2-inch thick), and space logs about 2 inches apart. Using the end of a wooden spoon or your finger, make a trench down the length of each log.
- Bake for 30 minutes or until set and golden brown.
- Meanwhile, in a small saucepan over low heat, melt the jam.
- Remove logs from the oven. While logs are still warm, spoon melted jam into the trench of each log; let stand at least 30 minutes or until the logs are cool and the jam is set.
- Cut cooled cookie logs into 1/2-inch wide slices.

## Nutrition Facts



## Properties

Glycemic Index:3.75, Glycemic Load:3.08, Inflammation Score:-1, Nutrition Score:1.5765217425221%

## Nutrients (% of daily need)

Calories: 74.11kcal (3.71%), Fat: 4.88g (7.51%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.81g (2.48%), Sugar: 5.69g (6.32%), Cholesterol: 0mg (0%), Sodium: 14.92mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.47%), Manganese: 0.25mg (12.38%), Vitamin B1: 0.06mg (4.17%), Fiber: 0.84g (3.37%), Copper: 0.05mg (2.72%), Magnesium: 8.85mg (2.21%), Selenium: 1.23µg (1.75%), Iron: 0.27mg (1.49%), Phosphorus: 14.34mg (1.43%), Vitamin B2: 0.02mg (1.22%), Potassium: 38.28mg (1.09%)