



Italian Bocconotti Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



220 kcal

DESSERT

Ingredients

- 1.5 cups flour all-purpose
- 0.3 cup granulated sugar
- 1 eggs whole
- 2 egg yolk
- 0.3 teaspoon baking soda
- 1 lemon zest grated
- 0.5 cup butter cold
- 0.3 cup strawberry jam

- 0.3 cup almond flour
- 2 oz baker's chocolate very finely chopped
- 1 serving powdered sugar

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- plastic wrap
- hand mixer

Directions

- Heat oven to 350°F. In large bowl, mix flour, granulated sugar, egg, egg yolks, baking soda and lemon peel.
- Cut in butter, using pastry blender or fork, until mixture comes together and begins to form a wet dough. (Or mix with electric mixer using dough hook attachment.) Gather dough into a ball. Wrap in plastic wrap; refrigerate while making filling.
- In small bowl, mix jam, almonds and chocolate until well combined.
- With floured hands, shape teaspoonfuls of dough into about 24 balls; flatten each ball into a round. Press 1 round on bottom and up side of ungreased mini muffin cup. Spoon 1/2 teaspoon filling into cup. Top with a second round; seal edges. Repeat with remaining dough rounds and filling.
- Bake about 20 minutes or until lightly browned. Cool 2 minutes; remove from pan to cooling rack.
- Sprinkle with powdered sugar.
- Serve warm or cool.

Nutrition Facts



■ PROTEIN 6.58% ■ FAT 49.56% ■ CARBS 43.86%

Properties

Glycemic Index:20.84, Glycemic Load:15.15, Inflammation Score:-3, Nutrition Score:5.3373913298482%

Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

Nutrients (% of daily need)

Calories: 220.36kcal (11.02%), Fat: 12.62g (19.41%), Saturated Fat: 6.9g (43.11%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 23.54g (8.56%), Sugar: 9.86g (10.95%), Cholesterol: 66.38mg (22.13%), Sodium: 94.08mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.78mg (1.26%), Protein: 3.77g (7.54%), Manganese: 0.31mg (15.46%), Selenium: 8.76µg (12.52%), Iron: 1.83mg (10.14%), Copper: 0.19mg (9.41%), Folate: 37.15µg (9.29%), Vitamin B1: 0.14mg (9.22%), Vitamin B2: 0.12mg (7.33%), Fiber: 1.58g (6.34%), Vitamin A: 299.67IU (5.99%), Phosphorus: 58.41mg (5.84%), Magnesium: 20.03mg (5.01%), Vitamin B3: 1mg (4.99%), Zinc: 0.7mg (4.64%), Vitamin E: 0.37mg (2.49%), Vitamin B5: 0.24mg (2.36%), Calcium: 22.36mg (2.24%), Potassium: 72.91mg (2.08%), Vitamin B12: 0.11µg (1.79%), Vitamin D: 0.24µg (1.57%), Vitamin C: 1.27mg (1.54%), Vitamin B6: 0.03mg (1.37%), Vitamin K: 1.2µg (1.14%)