



Jam-Filled Mezzaluna Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



114 kcal

DESSERT

Ingredients

- ☐ 0.5 cup garnish: blackberry jam seedless
- ☐ 0.5 cup blanched almonds and thinly sliced
- ☐ 1 egg white
- ☐ 2 tablespoons granulated sugar plus more for sprinkling
- ☐ 1.5 cups pastry flour for dusting plus more
- ☐ 1 tablespoon vanilla extract pure

Equipment

- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ In a bowl, whisk the 1 1/2 cups of pastry flour with the 2 tablespoons of granulated sugar.
- ☐ Add the butter and, using a pastry blender, your fingers or 2 dinner knives, blend the butter into the flour until the mixture resembles coarse meal.
- ☐ Sprinkle on the vanilla and knead gently until a dough forms. Pat the dough into a disk, wrap in plastic and refrigerate until thoroughly chilled, at least 1 hour.
- ☐ Preheat the oven to 35
- ☐ Line 2 large baking sheets with parchment paper and refrigerate.
- ☐ Cut the dough into 4 pieces. Working with 1 piece at a time and leaving the rest in the refrigerator, roll out the dough 1/8 inch thick on a lightly floured work surface. Using a 4-inch round biscuit cutter, stamp out as many rounds as possible; gather and reserve the scraps.
- ☐ Brush the edges of each round with some of the egg white. Spoon 1 rounded teaspoon of jam onto one half of each round, leaving a 1/4-inch border; fold the other half over to enclose the jam. Using the tines of a fork, press the edges together to seal.
- ☐ Transfer the mezzalune to one of the chilled baking sheets, spacing them 2 inches apart. Repeat with the remaining 3 pieces of dough and filling, then repeat with the gathered scraps. Refrigerate the mezzalune for at least 10 minutes.
- ☐ Brush the mezzalune with egg white, sprinkle with granulated sugar and top with a generous sprinkling of sliced almonds.
- ☐ Bake in the upper and lower thirds of the oven for about 40 minutes, until golden brown, switching the pans halfway through for even baking.
- ☐ Transfer the cookies to a rack to cool. Dust with confectioners' sugar and serve.

Nutrition Facts



Properties

Glycemic Index:8.94, Glycemic Load:5.72, Inflammation Score:-2, Nutrition Score:4.8426087335076%

Nutrients (% of daily need)

Calories: 114.2kcal (5.71%), Fat: 2.68g (4.13%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 18.34g (6.67%), Sugar: 7.99g (8.88%), Cholesterol: 0mg (0%), Sodium: 8.65mg (0.38%), Alcohol: 0.32g (100%), Alcohol %: 1.18% (100%), Protein: 2.93g (5.87%), Manganese: 0.61mg (30.61%), Selenium: 8.77µg (12.53%), Fiber: 1.95g (7.8%), Vitamin E: 1.17mg (7.77%), Magnesium: 30.41mg (7.6%), Phosphorus: 70.06mg (7.01%), Copper: 0.11mg (5.6%), Vitamin B1: 0.08mg (5.01%), Vitamin B2: 0.07mg (4.28%), Vitamin B3: 0.8mg (4.02%), Iron: 0.67mg (3.74%), Zinc: 0.48mg (3.17%), Vitamin B6: 0.06mg (3.01%), Potassium: 90.34mg (2.58%), Folate: 9.27µg (2.32%), Calcium: 17.6mg (1.76%), Vitamin C: 1.07mg (1.3%)