



Jam-Filled Playing Card Cookies

 Vegetarian

READY IN



300 min.

SERVINGS



18

CALORIES



200 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 0.8 cup powdered sugar
- ☐ 1 large egg yolk
- ☐ 2.3 cups flour all-purpose
- ☐ 2 teaspoons lemon zest fresh finely grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup strawberry jam
- ☐ 1.8 sticks butter unsalted softened ()

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ cookie cutter
- ☐ wax paper
- ☐ spatula

Directions

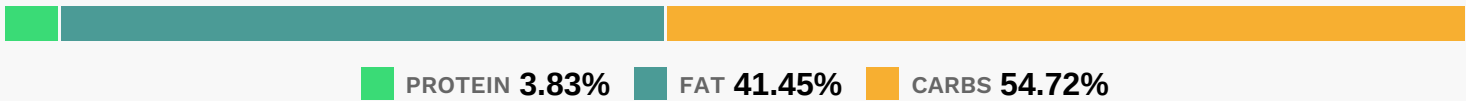
- ☐ Sift confectioners sugar into a large bowl, then beat with butter and zest with an electric mixer at medium speed until pale and fluffy. Beat in yolk, then beat in flour and salt.
- ☐ Quarter dough and roll out each quarter between sheets of parchment or wax paper into an approximately 9- by 7-inch rectangle (3/4 inch thick). Stack rectangles, still between paper, on a baking sheet and freeze at least 30 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Transfer 1 paper-enclosed rectangle to a work surface (keep remaining rectangles frozen).
- ☐ Remove top sheet of paper and replace it loosely. Flip over paper-enclosed rectangle and discard paper now on top.
- ☐ Trim dough to a 7 1/2- by 6-inch rectangle with a sharp knife and a ruler.
- ☐ Cut lengthwise into thirds, then crosswise into thirds to form 9 (2 1/2- by 2-inch) rectangles.
- ☐ Carefully transfer cookies with a metal spatula to a buttered baking sheet and bake in middle of oven until edges are just pale golden, about 10 minutes. Cool on baking sheet on a rack 5 minutes, then transfer to racks to cool completely.
- ☐ Cut and bake 9 more cookies in same manner.
- ☐ Roll out and cut in same manner as above, but before baking, use cookie cutters to cut out shapes from 2 corners of each card.
- ☐ Do not cut too close to edge or cookie will break.

- ☐
- Bake cookies in same manner as solid ones.
- ☐
- Arrange 9 solid cookies, bottom sides up, on a work surface and spread each with 1 1/2 teaspoons warm strawberry jam. Top each with a cutout cookie, pressing gently to help adhere. If necessary, spoon some of remaining jam into cutouts. Sandwich remaining cookies with warm apricot jam.
- ☐
- Stack of dough rectangles can be frozen up to 2 days. Thaw 15 minutes before trimming.

• Cookies (without jam) keep in an airtight container at room temperature 2 days.

• Jam-filled cookies are best eaten within 1 day.

Nutrition Facts



Properties

Glycemic Index:7.22, Glycemic Load:12.15, Inflammation Score:-3, Nutrition Score:3.1156521880108%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 200.4kcal (10.02%), Fat: 9.33g (14.36%), Saturated Fat: 5.76g (36%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 27.16g (9.88%), Sugar: 12.39g (13.76%), Cholesterol: 33.82mg (11.27%), Sodium: 40.04mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Selenium: 6.29µg (8.98%), Vitamin B1: 0.13mg (8.43%), Folate: 31.44µg (7.86%), Vitamin A: 301.75IU (6.03%), Manganese: 0.11mg (5.71%), Vitamin B2: 0.1mg (5.63%), Vitamin B3: 0.93mg (4.67%), Iron: 0.84mg (4.65%), Phosphorus: 25.21mg (2.52%), Fiber: 0.57g (2.28%), Copper: 0.04mg (2.08%), Vitamin E: 0.31mg (2.06%), Vitamin C: 1.7mg (2.06%), Vitamin D: 0.22µg (1.44%), Vitamin B5: 0.11mg (1.13%), Magnesium: 4.38mg (1.09%), Zinc: 0.15mg (1.01%)