

Jam Kolaches

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

85 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.3 cup confectioners' sugar sifted
- ☐ 3 ounces cream cheese softened
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup strawberry jam

Equipment

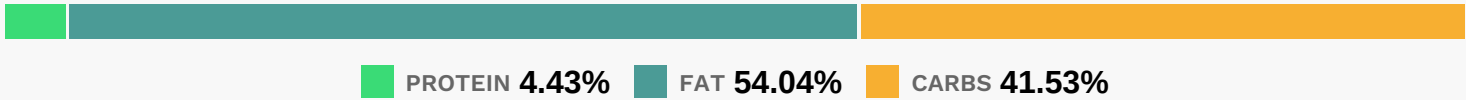
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Beat butter or margarine and cream cheese in mixer bowl until light and fluffy.
- ☐ Add flour gradually, beating well after each addition.
- ☐ Roll dough to 1/8 inch thickness on lightly floured surface.
- ☐ Cut into 2-inch circles. Spoon 1/4 teaspoon jam into center of each circle. Fold opposite edges together, slightly overlapping edges.
- ☐ Place 2 inches apart on greased cookie sheet.
- ☐ Bake at 375 degrees F (190 degrees C) for 15 minutes.
- ☐ Remove to wire rack to cool.
- ☐ Sprinkle with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:4.97, Inflammation Score:-1, Nutrition Score:1.3130434790383%

Nutrients (% of daily need)

Calories: 84.72kcal (4.24%), Fat: 5.12g (7.88%), Saturated Fat: 3.16g (19.73%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 8.64g (3.14%), Sugar: 3.09g (3.44%), Cholesterol: 13.75mg (4.58%), Sodium: 42.82mg (1.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.89%), Selenium: 2.64µg (3.77%), Vitamin B1: 0.05mg (3.51%), Vitamin A: 165.77IU (3.32%), Folate: 12.76µg (3.19%), Vitamin B2: 0.04mg (2.64%), Manganese: 0.05mg (2.31%), Vitamin B3: 0.39mg (1.95%), Iron: 0.32mg (1.81%), Phosphorus: 12.63mg (1.26%)