



Jam Thumbprints

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



128 kcal

DESSERT

Ingredients

- ☐ 0.7 cup butter
- ☐ 2 egg whites lightly beaten
- ☐ 2 egg yolks
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup strawberry preserves
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup walnuts finely chopped

☐

0.3 cup sugar white

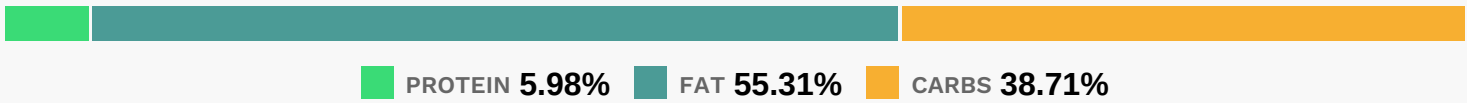
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease cookie sheets, or line with parchment paper.
- ☐ In a large bowl, cream together butter and sugar until light and fluffy. Beat in egg yolks, vanilla, and salt. Gradually mix in flour.
- ☐ Shape dough into 3/4 inch balls. Dip in lightly beaten egg whites, then roll in finely chopped walnuts.
- ☐ Place 1 inch apart on prepared cookie sheets. Press down center of each with thumb.
- ☐ Bake for 15 to 17 minutes, or until golden brown. Cool on baking sheet for 5 minutes, then remove to a wire rack to cool completely. Just before serving, fill centers of cookies with strawberry preserves.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:8.07, Inflammation Score:-2, Nutrition Score:2.5899999685909%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 127.99kcal (6.4%), Fat: 7.99g (12.29%), Saturated Fat: 3.62g (22.63%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 12.07g (4.39%), Sugar: 5.23g (5.81%), Cholesterol: 29.76mg (9.92%), Sodium: 95.65mg (4.16%),

Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Protein: 1.95g (3.89%), Manganese: 0.18mg (9.09%), Selenium: 4.34µg (6.2%), Folate: 20.88µg (5.22%), Vitamin B1: 0.08mg (5.18%), Vitamin B2: 0.07mg (4.08%), Copper: 0.08mg (3.81%), Vitamin A: 179.94IU (3.6%), Iron: 0.54mg (2.99%), Phosphorus: 29.73mg (2.97%), Vitamin B3: 0.51mg (2.55%), Magnesium: 8.18mg (2.05%), Fiber: 0.51g (2.03%), Vitamin B6: 0.03mg (1.48%), Vitamin E: 0.22mg (1.47%), Zinc: 0.21mg (1.41%), Vitamin B5: 0.11mg (1.13%), Potassium: 35.66mg (1.02%)