



Jam Thumbprints



Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



227 kcal

DESSERT

Ingredients

- ☐ 32 servings raspberry and/or apricot jam
- ☐ 1 eggs with 1 tablespoon water, for egg wash beaten
- ☐ 3.5 cups flour
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup sugar
- ☐ 7 ounces coconut or sweetened flaked
- ☐ 0.8 pound butter unsalted at room temperature 3 sticks
- ☐ 1 teaspoon vanilla extract pure

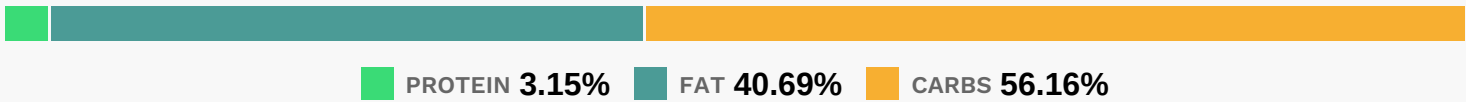
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ kitchen scale

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ In an electric mixer fitted with the paddle attachment, cream together the butter and sugar until just combined, and then add the vanilla. Separately, sift together the flour and salt. With the mixer on low speed, add the flour mixture to the creamed butter and sugar.
- ☐ Mix until the dough starts to come together. Dump on a floured board and roll together into a flat disk. Wrap in plastic wrap and chill for 30 minutes.
- ☐ Roll the dough into 1 1/4-inch balls. (If you have a scale, they should each weigh 1-ounce.) Dip each ball into the egg wash and then roll it in coconut.
- ☐ Place the balls on an ungreased cookie sheet and press a light indentation into the top of each with your finger. Drop 1/4 teaspoon of jam into each indentation.
- ☐ Bake for 20 to 25 minutes, until the coconut is a golden brown. Cool and serve.

Nutrition Facts



Properties

Glycemic Index:4.53, Glycemic Load:11.91, Inflammation Score:-3, Nutrition Score:3.1647825992626%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 227.09kcal (11.35%), Fat: 10.55g (16.24%), Saturated Fat: 7.12g (44.51%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 31.73g (11.54%), Sugar: 17.26g (19.18%), Cholesterol: 22.86mg (7.62%), Sodium: 45.39mg (1.97%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 1.84g (3.67%), Selenium: 6.18µg (8.82%), Manganese: 0.16mg (8.09%), Vitamin B1: 0.11mg (7.25%), Folate: 25.72µg (6.43%), Vitamin A: 306.67IU (6.13%), Iron: 0.83mg (4.62%), Vitamin B2: 0.08mg (4.58%), Vitamin B3: 0.86mg (4.31%), Fiber: 1.04g (4.17%), Copper: 0.06mg (3.02%), Phosphorus: 24.13mg (2.41%), Vitamin C: 1.76mg (2.13%), Vitamin E: 0.28mg (1.87%), Magnesium: 7.2mg (1.8%), Potassium: 55.28mg (1.58%), Zinc: 0.16mg (1.08%), Vitamin D: 0.16µg (1.06%)