Jam Thumbprints

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
45 min.	**6**	**305 kcal**

DESSERT

Ingredients

- [ ] 0.3 lb butter at room temperature
- [ ] 1 large egg yolk
- [ ] 1 cup flour all-purpose
- [ ] 0.3 cup jam (see notes)
- [ ] 0.1 teaspoon salt
- [ ] 0.3 cup sugar
- [ ] 1 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ In a bowl, with a mixer on high speed, beat butter and sugar until smooth. Beat in egg yolk and vanilla until well blended, scraping sides of bowl as necessary.

- ☐ With mixer on low speed, beat flour and salt into butter mixture until well blended. Cover bowl with plastic wrap and chill until dough is firm but still pliable, about 30 minutes.

- ☐ Shape dough into 1-inch balls and place 1 inch apart on a buttered 12- by 15-inch baking sheet. Press your thumb into the center of each cookie to make a 1/2-inch-deep imprint. Spoon about 1/2 teaspoon jam into each.

- ☐ Bake cookies in a 325 regular or convection oven until lightly browned on the bottom, 12 to 15 minutes.

- ☐ Transfer to a rack to cool completely.

Nutrition Facts

PROTEIN **3.68%**   FAT **48.04%**   CARBS **48.28%**
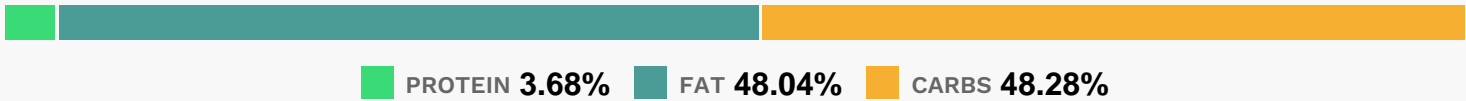
Properties

Glycemic Index:41.68, Glycemic Load:24.55, Inflammation Score:-4, Nutrition Score:4.39826087848%

Nutrients (% of daily need)

Calories: 304.55kcal (15.23%), Fat: 16.33g (25.12%), Saturated Fat: 10.02g (62.62%), Carbohydrates: 36.92g (12.31%), Net Carbohydrates: 36.2g (13.17%), Sugar: 18.13g (20.14%), Cholesterol: 71.23mg (23.74%), Sodium: 176.45mg (7.67%), Alcohol: 0.23g (100%), Alcohol %: 0.42% (100%), Protein: 2.82g (5.63%), Selenium: 9.19µg (13.13%), Vitamin B1: 0.17mg (11.45%), Folate: 44.39µg (11.1%), Vitamin A: 513.16IU (10.26%), Vitamin B2: 0.14mg (8.11%), Manganese: 0.15mg (7.57%), Iron: 1.12mg (6.24%), Vitamin B3: 1.25mg (6.23%), Phosphorus: 40.82mg (4.08%), Vitamin E: 0.54mg (3.61%), Fiber: 0.72g (2.87%), Copper: 0.05mg (2.38%), Vitamin B5: 0.2mg (2%), Zinc: 0.24mg (1.59%), Vitamin C: 1.25mg (1.51%), Vitamin B12: 0.09µg (1.46%), Magnesium: 5.75mg (1.44%), Calcium: 14.36mg (1.44%), Vitamin K: 1.41µg (1.34%), Potassium: 42.04mg (1.2%), Vitamin B6: 0.02mg (1.13%), Vitamin D: 0.15µg (1.02%)