



Linzer Augen

 Vegetarian

READY IN



240 min.

SERVINGS



24

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup confectioners' sugar
- ☐ 2 large egg yolks
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 lemon zest
- ☐ 0.3 cup raspberry jam as needed well
- ☐ 0.5 teaspoon salt
- ☐ 1 cup butter unsalted at room temperature

- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup sugar white divided
- ☐ 1 cup almonds whole

Equipment

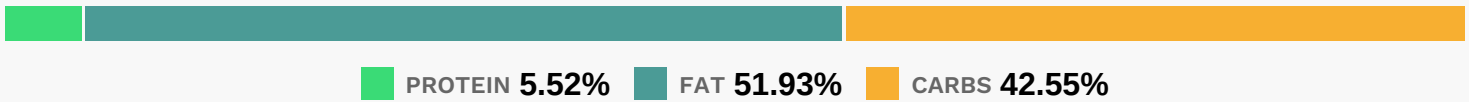
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ cookie cutter

Directions

- ☐ Place oven rack in the center position. Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread almonds onto a baking sheet.
- ☐ Bake in the preheated oven until almonds are lightly toasted, 8 to 10 minutes.
- ☐ Remove from oven and cool.
- ☐ Pulse almonds with 1/4 cup white sugar in a food processor until finely ground.
- ☐ Whisk flour, lemon zest, cinnamon, and salt together in a bowl. Beat butter and remaining 1/2 cup white sugar together in a separate bowl until light and fluffy; beat in egg yolks, vanilla extract, ground almond mixture, and flour mixture until just combined. Cover bowl with plastic wrap and refrigerate until firm, 3 to 12 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Line 2 baking sheets with parchment paper.
- ☐ Roll dough into a rectangle about 1/4-inch thick on a lightly floured surface; cut into cookies using a 3-inch cookie cutter.
- ☐ Place cookies about 1-inch apart on the prepared baking sheets.
- ☐ Cut the centers out of half the cookies using a smaller cookie cutter.

- ☐
- Bake in the preheated oven until cookies are lightly browned around the edges, about 12 minutes. Cool completely on a wire rack.
- ☐
- Place the cut-out cookies on a baking sheet and lightly dust with confectioners' sugar.
- ☐
- Spread a thin layer of jam onto the full cookies.
- ☐
- Place the cut-out cookies on top of the full cookies; gently sandwich them together. Spoon more jam into the cut-out area.

Nutrition Facts



Properties

Glycemic Index:8.96, Glycemic Load:11.49, Inflammation Score:-3, Nutrition Score:4.0904347741086%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 189.13kcal (9.46%), Fat: 11.15g (17.15%), Saturated Fat: 5.24g (32.73%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 19.43g (7.07%), Sugar: 10.73g (11.93%), Cholesterol: 35.64mg (11.88%), Sodium: 51.72mg (2.25%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 2.66g (5.33%), Vitamin E: 1.79mg (11.96%), Manganese: 0.22mg (10.89%), Vitamin B2: 0.13mg (7.93%), Selenium: 4.79µg (6.84%), Vitamin B1: 0.1mg (6.51%), Folate: 24.46µg (6.12%), Vitamin A: 257.1IU (5.14%), Phosphorus: 48.44mg (4.84%), Magnesium: 18.86mg (4.72%), Fiber: 1.11g (4.45%), Iron: 0.77mg (4.29%), Vitamin B3: 0.84mg (4.19%), Copper: 0.08mg (4.18%), Calcium: 23.28mg (2.33%), Zinc: 0.3mg (2.03%), Potassium: 62.37mg (1.78%), Vitamin D: 0.22µg (1.46%), Vitamin B5: 0.13mg (1.28%)