

Linzer Cookies

 Vegetarian

READY IN



120 min.

SERVINGS



16

CALORIES



172 kcal

DESSERT

Ingredients

- 2 tablespoons almonds finely chopped
- 0.5 cup apricot preserves
- 0.8 teaspoon double-acting baking powder
- 0.5 cup brown sugar
- 0.6 cup butter
- 0.3 cup apricots dried chopped
- 1 eggs
- 1 egg white

- 1.5 cups flour all-purpose
- 1 tablespoon coarse granulated sugar
- 1 teaspoon ground cinnamon
- 2 teaspoons juice of lemon
- 1 tablespoon lemon zest
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

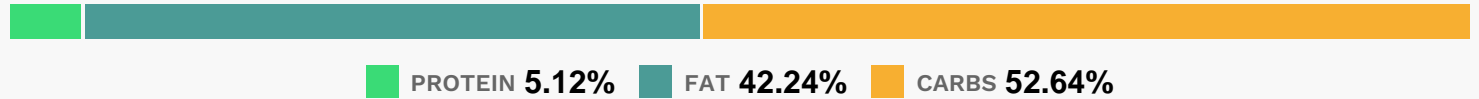
- bowl
- sauce pan
- oven
- baking pan

Directions

- Sift together the flour, baking powder and salt; set aside. In a medium bowl, cream together the butter, brown sugar and cinnamon until light and fluffy. Beat in the lemon zest, egg and vanilla.
- Mix in 1 cup of chopped almonds, then stir in the sifted ingredients. Press 2/3 of the dough into the bottom of a greased or parchment lined 8x8 inch baking pan.
- Roll the remaining portion between two pieces of waxed paper, out to an 8 inch square. Refrigerate all of the dough for at least 2 hours.
- While the dough is chilling, place the apricots into a small saucepan with water to cover. Bring to a boil and cook for three minutes.
- Remove from heat and set aside to cool.
- Drain the excess liquid from the apricots and mix in the preserves and lemon juice.
- Preheat oven to 350 degrees F (175 degrees C).
- Spread the apricot filling evenly over the chilled crust, leaving a 1/4 inch border on edges.
- Cut the chilled square of dough into 1/2 inch strips.

- Place the strips over the filling in a lattice design. Trim edges to fit and press the edges into the border.
- Brush the top with egg white then sprinkle with remaining chopped almonds and coarse sugar.
- Bake for 15 to 20 minutes in the preheated oven, until filling is bubbly and the crust is golden brown. Allow to cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:20.97, Glycemic Load:7.43, Inflammation Score:-3, Nutrition Score:3.3160869323689%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 171.62kcal (8.58%), Fat: 8.23g (12.66%), Saturated Fat: 4.71g (29.45%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 22.31g (8.11%), Sugar: 11.89g (13.21%), Cholesterol: 29.29mg (9.76%), Sodium: 161.98mg (7.04%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Protein: 2.24g (4.49%), Selenium: 5.62µg (8.03%), Manganese: 0.14mg (7.22%), Vitamin A: 325.41IU (6.51%), Vitamin B1: 0.1mg (6.46%), Folate: 24.16µg (6.04%), Vitamin B2: 0.1mg (5.88%), Iron: 0.82mg (4.54%), Vitamin E: 0.66mg (4.43%), Vitamin B3: 0.81mg (4.06%), Phosphorus: 32.76mg (3.28%), Fiber: 0.75g (3.01%), Calcium: 30.11mg (3.01%), Copper: 0.05mg (2.55%), Magnesium: 8.48mg (2.12%), Potassium: 71.3mg (2.04%), Vitamin C: 1.4mg (1.7%), Vitamin B5: 0.14mg (1.36%), Zinc: 0.18mg (1.22%), Vitamin B6: 0.02mg (1.02%)