



Linzer Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 1.3 cups butter softened
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup pecans toasted finely chopped
- ☐ 1 cup powdered sugar sifted
- ☐ 36 servings powdered sugar

- ☐ 0.3 cup raspberry jam seedless
- ☐ 0.3 teaspoon salt

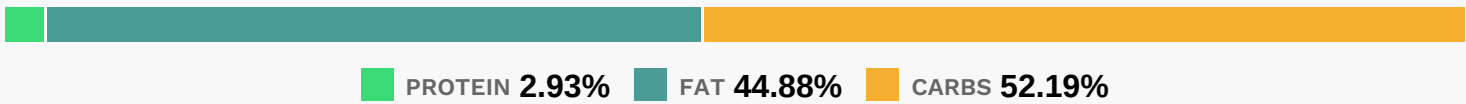
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer; gradually add 1 cup powdered sugar, beating until light and fluffy.
- ☐ Combine flour and next 5 ingredients; gradually add to butter mixture, beating just until blended.
- ☐ Divide dough into 2 equal portions. Cover and chill 1 hour.
- ☐ Roll each portion to a 1/8-inch thickness on a lightly floured surface; cut with a 3-inch star-shaped cutter.
- ☐ Cut centers out of half of cookies with a 1 1/2-inch star-shaped cutter.
- ☐ Place all stars on lightly greased baking sheets.
- ☐ Bake at 325 for 15 minutes; cool on wire racks.
- ☐ Spread solid cookies with jam; sprinkle remaining stars with powdered sugar. Top each solid cookie with a hollow star.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:5.68, Inflammation Score:-2, Nutrition Score:1.9504347974839%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg

Nutrients (% of daily need)

Calories: 149.32kcal (7.47%), Fat: 7.57g (11.65%), Saturated Fat: 4.16g (25.99%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 19.38g (7.05%), Sugar: 12.32g (13.69%), Cholesterol: 16.95mg (5.65%), Sodium: 68.03mg (2.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.23%), Manganese: 0.14mg (6.98%), Vitamin B1: 0.08mg (5.26%), Selenium: 3.2µg (4.57%), Folate: 16.73µg (4.18%), Vitamin A: 197.91IU (3.96%), Vitamin B2: 0.05mg (3.03%), Vitamin B3: 0.54mg (2.67%), Iron: 0.46mg (2.58%), Copper: 0.03mg (1.7%), Fiber: 0.42g (1.69%), Phosphorus: 15.94mg (1.59%), Vitamin E: 0.21mg (1.43%), Magnesium: 4.05mg (1.01%)