



Linzer Cutouts

 Vegetarian

READY IN



90 min.

SERVINGS



24

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apricot preserves for filling
- 0.5 teaspoon double-acting baking powder
- 1 large eggs
- 2 cups flour all-purpose
- 0.7 cup granulated sugar
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.8 cup blanched and roasted hazelnuts

- 1 teaspoon lemon zest finely grated
- 0.5 teaspoon salt
- 12 tablespoons butter unsalted softened
- 0.5 teaspoon vanilla extract

Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- whisk
- blender
- plastic wrap
- cookie cutter

Directions

- Pulse the hazelnuts and 1/8 cup granulated sugar in a food processor until finely ground.
- Transfer to a bowl and whisk in the flour, baking powder, cinnamon, salt and cloves.
- Beat the butter and the remaining 1/8 cup granulated sugar in a large bowl with a mixer until fluffy. Beat in the egg, vanilla and lemon zest. Gradually add the flour mixture and mix until just combined. Divide the dough in half, flatten each half into a 5-inch disk and wrap in plastic wrap. Refrigerate until firm, at least 1 hour and up to 1 day.
- Roll out each disk of dough between 2 sheets of parchment paper to 1/8 inch thick. Refrigerate until firm, about 20 minutes.
- Line 2 baking sheets with parchment paper.
- Cut out stars or trees using a 2-inch cookie cutter and place them 1 inch apart on the prepared baking sheets.
- Cut out the centers of half of the cookies using smaller cutters. Refrigerate 10 minutes. Reroll the scraps just once and repeat. (Refrigerate the dough if it gets too soft.)

- Preheat the oven to 350 degrees F.
- Bake until the cookies are golden brown around the edges, 12 to 15 minutes.
- Let cool 2 minutes on the baking sheets, then transfer to a rack.
- Dust the cutout cookies generously with confectioners' sugar.
- Spread about 1 teaspoon preserves on the underside of each whole cookie, then sandwich with the cutout cookies. Store in an airtight container up to 3 days.
- Photograph by Steve Giralt

Nutrition Facts

PROTEIN 5.25%

FAT 48.98%

CARBS 45.77%

Properties

Glycemic Index:10.71, Glycemic Load:9.69, Inflammation Score:-2, Nutrition Score:3.4673913121223%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 148.51kcal (7.43%), Fat: 8.29g (12.75%), Saturated Fat: 3.85g (24.03%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 16.71g (6.08%), Sugar: 7.9g (8.78%), Cholesterol: 22.8mg (7.6%), Sodium: 63.29mg (2.75%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 2g (4%), Manganese: 0.33mg (16.34%), Vitamin B1: 0.11mg (7.14%), Selenium: 4.47µg (6.38%), Folate: 24.56µg (6.14%), Vitamin E: 0.76mg (5.08%), Copper: 0.09mg (4.4%), Iron: 0.74mg (4.13%), Vitamin B2: 0.07mg (4.11%), Vitamin A: 197.34IU (3.95%), Vitamin B3: 0.69mg (3.45%), Phosphorus: 29.98mg (3%), Fiber: 0.72g (2.87%), Magnesium: 9.11mg (2.28%), Calcium: 15.67mg (1.57%), Vitamin B6: 0.03mg (1.54%), Zinc: 0.2mg (1.36%), Potassium: 45.86mg (1.31%), Vitamin B5: 0.12mg (1.21%), Vitamin K: 1.1µg (1.05%)