

Linzer Heart Sandwich Cookies



Vegetarian



Gluten Free



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READY IN

ready

55 min.

SERVINGS

servings

30

CALORIES

calories

160 kcal

DESSERT

Ingredients



2.5 sticks butter



0.8 cup granulated sugar



0.5 teaspoon ground cinnamon



0.3 teaspoon ground nutmeg



30 servings powdered sugar



1 cup raspberry jam seedless



0.5 cup slivered almonds

Equipment

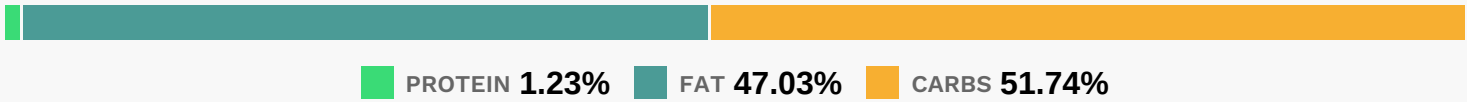
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ hand mixer
- ☐ cookie cutter
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 2 heart-shaped (or round) cookie cutters: 1 about 1 1/2 inches and 1 about 3/4-inch Waxed paper (or parchment)
- ☐ Rolling pin 3 baking sheets
- ☐ In the bowl of an electric mixer fitted with a paddle attachment, whip the butter until smooth.
- ☐ Add the sugar and continue mixing until the mixture becomes light and fluffy, 3 to 5 minutes. In another bowl, combine and mix the flour, almonds, cinnamon, and nutmeg.
- ☐ Remove the bowl from the mixer and, using a rubber spatula, blend the flour mixture in with the butter. When the ingredients are fully integrated, place 1/3 of the batter on each piece of waxed paper. Coat dough with a light layer of flour, and top with another piece of waxed paper of the same length to make 3 batter "sandwiches".
- ☐ Place 2 of them in the refrigerator and work with 1 at a time.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Roll the first batch into as neat a shape as possible. What matters most is avoiding creases or cracks and getting it to about 1/8-inch in thickness. When the first is rolled, refrigerate it and repeat the same process for the other 2 pieces of dough.
- ☐ Remove the first rolled sheet from the refrigerator and cut as many 1 1/2-inch hearts (or rounds). Reserve the scraps in the refrigerator. Arrange them neatly in a single layer on a greased baking sheet. Repeat with the other two sheets, reserving any scraps.

- ☐ Cut a heart, with the smaller cutter, out of the center of half of all the cookies to create a heart outline.
- ☐ Roll the scraps in between 2 pieces of waxed paper and cut additional hearts, if desired.
- ☐ Bake the cookies until they are lightly brown, 12 to 15 minutes.
- ☐ Remove the trays from the oven and allow them to cool slightly for a few minutes before gently transferring them to a flat surface. In a small pot, pour in the raspberry jam and bring it to a light simmer.
- ☐ Remove from the heat to cool slightly as well.
- ☐ Spoon about 1/4 to 1/2 teaspoon raspberry jam on each bottom and place a "top" heart on each. Dust with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:7.74, Inflammation Score:-1, Nutrition Score:1.1856521607741%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 159.99kcal (8%), Fat: 8.57g (13.18%), Saturated Fat: 4.91g (30.71%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 20.83g (7.58%), Sugar: 18.4g (20.44%), Cholesterol: 20.25mg (6.75%), Sodium: 64.41mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Vitamin A: 235.46IU (4.71%), Vitamin E: 0.69mg (4.62%), Manganese: 0.05mg (2.62%), Vitamin B2: 0.03mg (2.05%), Copper: 0.03mg (1.55%), Fiber: 0.37g (1.48%), Magnesium: 5.55mg (1.39%), Phosphorus: 13.13mg (1.31%), Vitamin C: 1mg (1.21%)