



Linzer Star Sandwich Cookies

 Vegetarian

READY IN



70 min.

SERVINGS



30

CALORIES



164 kcal

DESSERT

Ingredients

- 2.5 sticks lightly butter salted plus more for greasing the baking sheet
- 2.3 cups flour all-purpose plus more flour for rolling the cookies
- 0.8 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1 cup raspberry jam seedless
- 0.5 cup slivered almonds

Equipment

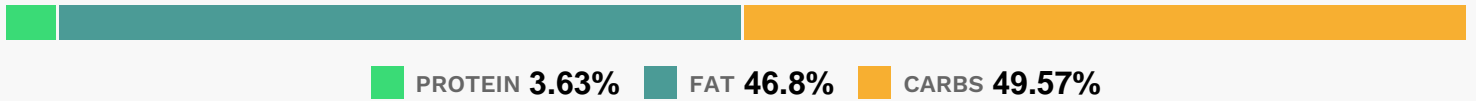
- bowl
- baking sheet
- oven
- pot
- blender
- hand mixer
- cookie cutter
- wax paper
- spatula

Directions

- Special equipment: Two star-shaped (or round) cookie cutters, one about 1 1/2 inches and one about 3/4 inch
- For the cookie batter: In the bowl of an electric mixer, whip the butter until smooth.
- Add the granulated sugar and continue mixing until the mixture becomes light and fluffy, 5 to 8 minutes.
- In another bowl, combine and mix the flour, almonds, cinnamon and nutmeg.
- Mix and roll the cookies: Because this dough has a good amount of butter, it needs resting time and it needs to be rolled fairly quickly.
- Lay three large pieces of wax paper in a single layer on a flat surface.
- Sprinkle each one with a light coating of flour.
- 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 one third of the batter on each of the pieces of wax paper. Coat with another light layer of flour and top with another piece of wax paper of the same length to make three dough "sandwiches." Press these wax-paper-and-dough-sandwiches down with your hands until the dough is fairly thin. This will save a lot of time on rolling later on.
- Place two of them in the refrigerator and work with them one at a time.
- 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 two.

- Let them chill at least 10 minutes.
- Preheat the oven to 350 degrees F.
- Remove the first rolled sheet from the refrigerator and cut as many 1 1/2-inch stars (or rounds) as you can. Reserve the scraps in the refrigerator. Arrange the stars neatly in a single layer on a greased baking sheet. Repeat with the other two sheets, reserving any scraps.
- Cut a star, with the smaller cutter, out of the center of half of all the cookies.
- Roll the scraps in between two of the pieces of wax paper and cut additional stars, 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 on the trays for a few minutes before gently transferring them to a flat surface. P
- Place the raspberry jam in a small pot and bring it to a light simmer.
- Remove from the heat to cool slightly. Spoon 1/4 to 1/2 teaspoon raspberry jam on each bottom and place a top star squarely on each. Dust with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:13.11, Inflammation Score:-2, Nutrition Score:2.5104347933894%

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: 164.25kcal (8.21%), Fat: 8.66g (13.32%), Saturated Fat: 4.93g (30.81%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 20g (7.27%), Sugar: 10.6g (11.78%), Cholesterol: 20.25mg (6.75%), Sodium: 64.44mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Manganese: 0.12mg (5.92%), Vitamin B1: 0.08mg (5.49%), Selenium: 3.72µg (5.32%), Folate: 20.13µg (5.03%), Vitamin B2: 0.08mg (4.78%), Vitamin A: 235.46IU (4.71%), Vitamin E: 0.7mg (4.66%), Vitamin B3: 0.65mg (3.24%), Iron: 0.58mg (3.23%), Fiber: 0.63g (2.53%),

Phosphorus: 23.63mg (2.36%), Copper: 0.04mg (2.23%), Magnesium: 7.69mg (1.92%), Vitamin C: 1mg (1.21%), Calcium: 11.24mg (1.12%)