



Linzer Stars

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons rum dark
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.8 teaspoons ground cinnamon
- ☐ 0.5 cup raspberry jam seedless
- ☐ 0.5 teaspoons sea salt fine
- ☐ 1.3 cups slivered almonds
- ☐ 0.7 cup sugar

- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 0.3 teaspoon vanilla extract

Equipment

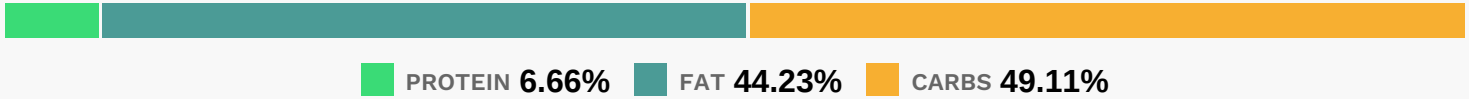
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Pulse flour, almonds, cinnamon, and salt in a food processor until almonds are finely ground (no larger than poppy seeds).
- ☐ Using an electric mixer at medium speed, beat sugar and butter in a large bowl until fluffy, about 3 minutes.
- ☐ Add egg; beat until well blended, about 1 minute. Beat in rum and vanilla. Reduce speed to low; add dry ingredients. Beat dough just to blend; gently knead if necessary to form a ball.
- ☐ Divide dough in half.
- ☐ Place each half between sheets of parchment or waxed paper. Working with 1 piece at a time, flatten dough into a disk; roll dough, occasionally lifting paper on both sides for easier rolling, until 1/8" thick. Chill dough in paper until very firm, at least 2 hours. DO AHEAD: Dough can be made 2 days ahead. Cover; keep chilled.
- ☐ Arrange a rack in middle of oven and preheat to 375°F. Line 2 baking sheets with parchment paper or silicone baking mats.
- ☐ Working with 1 dough disk at a time, remove top sheet of paper and, using 2" star cookie cutter, cut out cookies.
- ☐ Transfer to baking sheets, placing 1/2" apart; chill. Repeat with remaining dough. Gather scraps; repeat rolling, chilling, and cutting until dough is used.

- ☐ Using 1/2" star cookie cutter, cut out a star from the center of half the cookies. Working in batches, bake cookies until light golden brown, dry, and just firm to the touch, 11–13 minutes. (Cookies will firm up as they cool.)
- ☐ Transfer to a wire rack; let cool. DO AHEAD: Cookies can be baked 2 days ahead. Store airtight at room temperature.
- ☐ Bring jam and 1 teaspoon water to a boil in a small saucepan; let cool slightly.
- ☐ Arrange whole cookies flat side up. Spoon 1 teaspoon cooled jam in the center of each, dabbing slightly to spread. Arrange cookies with cutouts flat side down on a wire rack; dust with powdered sugar. Set atop whole cookies, lining up star points and allowing jam to push up slightly through center. DO AHEAD: Linzer Stars can be assembled 8 hours ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:13.07, Inflammation Score:-2, Nutrition Score:4.2939130754574%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 171.11kcal (8.56%), Fat: 8.55g (13.16%), Saturated Fat: 3.28g (20.52%), Carbohydrates: 21.37g (7.12%), Net Carbohydrates: 20.03g (7.29%), Sugar: 11.14g (12.37%), Cholesterol: 21.5mg (7.17%), Sodium: 65.38mg (2.84%), Alcohol: 0.18g (100%), Alcohol %: 0.57% (100%), Protein: 2.9g (5.79%), Vitamin E: 2.02mg (13.47%), Manganese: 0.26mg (13.2%), Vitamin B2: 0.15mg (8.8%), Selenium: 4.51µg (6.45%), Vitamin B1: 0.09mg (6.07%), Folate: 22.61µg (5.65%), Magnesium: 22.37mg (5.59%), Fiber: 1.34g (5.36%), Phosphorus: 52.82mg (5.28%), Copper: 0.1mg (5.01%), Iron: 0.81mg (4.49%), Vitamin B3: 0.82mg (4.12%), Vitamin A: 155.91IU (3.12%), Calcium: 27.1mg (2.71%), Zinc: 0.34mg (2.25%), Potassium: 75.15mg (2.15%), Vitamin B5: 0.12mg (1.22%), Vitamin B6: 0.02mg (1.02%)