

Linzer Thumbprints

 Dairy Free

READY IN



30 min.

SERVINGS



15

CALORIES



205 kcal

Ingredients

- ☐ 0.3 cup flour
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup hazelnuts
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup raspberry jam seedless
- ☐ 15 servings basic cookie dough

Equipment

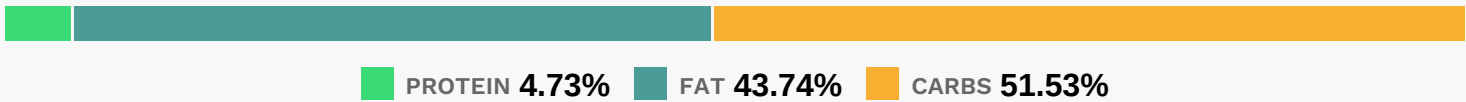
- ☐ food processor
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Toast the hazelnuts in a 350 oven for 67 minutes, until fragrant.
- ☐ Prepare Basic Cookie Dough, combining 1/4 cup flour and 1/2 cup toasted hazelnuts in food processor at step 2; pulse 20 times or until the nuts are finely chopped.
- ☐ Transfer mixture to a bowl; add remaining flour, baking soda, ground cinnamon, and salt. Stir to combine. At step 3 of basic-cookie recipe (with egg white and vanilla), add fresh lemon juice. Scrape dough into a medium bowl.
- ☐ Place 1/4 cup finely chopped hazelnuts in a small bowl.
- ☐ Roll 1 tablespoon of the dough into a ball. Gently roll the dough in chopped nuts.
- ☐ Place 2 inches apart on 2 baking sheets lightly coated with cooking spray. Make an indentation in center of each cookie, going almost to the bottom. Using raspberry jam, fill each indentation with about 1/4 teaspoon.
- ☐ Follow baking instructions for basic cookie. Store for 2 weeks at room temperature, or several months in the freezer.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:3.33, Inflammation Score:-1, Nutrition Score:4.3756521532069%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 205.13kcal (10.26%), Fat: 10.1g (15.54%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 25.74g (9.36%), Sugar: 15.07g (16.75%), Cholesterol: 3.63mg (1.21%), Sodium: 97.89mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Manganese: 0.5mg (25.01%), Vitamin B1: 0.12mg (8.24%), Folate: 32.08µg (8.02%), Phosphorus: 76.57mg (7.66%), Vitamin E: 0.97mg (6.49%), Copper: 0.12mg (6.22%), Iron: 1.02mg (5.68%), Vitamin B3: 1.03mg (5.15%), Fiber: 1.03g (4.14%), Vitamin B2: 0.06mg (3.63%), Vitamin K: 3.78µg (3.6%), Magnesium: 12.84mg (3.21%), Selenium: 1.99µg (2.84%), Potassium: 96.53mg (2.76%), Vitamin B6: 0.04mg (2.12%), Zinc: 0.25mg (1.64%), Vitamin B5: 0.15mg (1.47%), Vitamin C: 1.01mg (1.22%), Calcium: 11.61mg (1.16%)