



No-Bake Granola Jam Thumbprint Cookies

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



14

CALORIES



320 kcal

DESSERT

Ingredients

- 3 cups almonds
- 14 almonds
- 0.5 cup creamy peanut butter
- 0.5 cup brown sugar packed
- 0.5 cup plus light
- 0.3 cup strawberry jam red
- 0.5 teaspoon vanilla

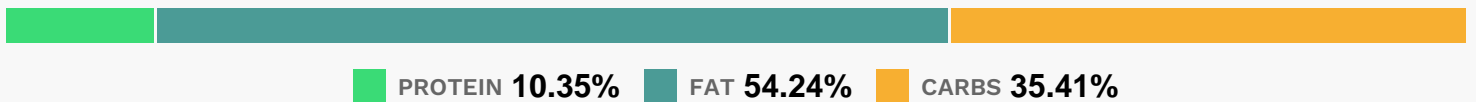
Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- baking paper

Directions

- In food processor, place granola. Cover; process, using quick on-and-off motions, until finely ground.
- Place in medium bowl. Set aside.
- In 2-quart heavy saucepan, mix brown sugar, corn syrup and peanut butter.
- Heat to boiling over medium-high heat, stirring constantly.
- Remove from heat; stir in vanilla.
- Pour syrup mixture over granola. Stir until well combined.
- Let cool 5 minutes. Shape mixture into 14 balls.
- Place each ball on cooking parchment paper-lined cookie sheet. Flatten ball slightly and press thumb into center of each ball to make indentation. Spoon jam in indentation of each cookie. Top with almond slice.

Nutrition Facts



Properties

Glycemic Index:7.71, Glycemic Load:4.55, Inflammation Score:-5, Nutrition Score:11.94565222218%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 319.83kcal (15.99%), Fat: 20.53g (31.58%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 25.69g (9.34%), Sugar: 22.28g (24.76%), Cholesterol: 0mg (0%), Sodium: 51.55mg (2.24%), Alcohol: 0.05g (100%), Alcohol %: 0.09% (100%), Protein: 8.81g (17.63%), Vitamin E: 8.95mg (59.65%), Manganese: 0.87mg (43.3%), Magnesium: 102.1mg (25.52%), Vitamin B2: 0.38mg (22.53%), Copper: 0.37mg (18.72%), Phosphorus: 184.91mg (18.49%), Fiber: 4.46g (17.86%), Vitamin B3: 2.38mg (11.91%), Calcium: 98.97mg (9.9%), Potassium: 299.37mg (8.55%), Zinc: 1.28mg (8.54%), Iron: 1.42mg (7.88%), Vitamin B1: 0.09mg (5.72%), Folate: 22.59µg (5.65%), Vitamin B6: 0.09mg (4.44%), Selenium: 1.98µg (2.82%), Vitamin B5: 0.26mg (2.58%)