



Oatmeal Thumbprints

READY IN



45 min.

SERVINGS



36

CALORIES



147 kcal

DESSERT

Ingredients

- 0.5 cup firmly brown sugar packed
- 0.5 lb butter at room temperature
- 1 large eggs separated
- 1 cup flour all-purpose
- 1 cup fruit jam
- 2 cups rolled oats
- 1.5 teaspoons vanilla
- 1.5 cups walnuts finely chopped

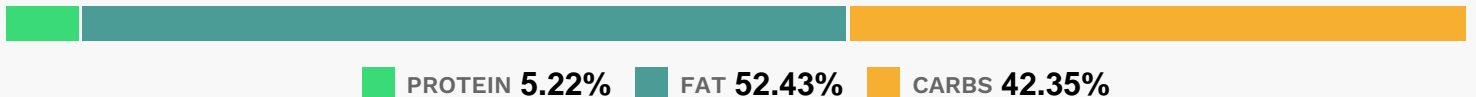
Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer
- wooden spoon
- spatula

Directions

- In a bowl, with an electric mixer on high speed, beat butter, brown sugar, egg yolk, and vanilla until smooth. Stir or beat in flour and oats until well blended.
- In a small bowl, beat egg white and 2 teaspoons water to blend. Put walnuts in a shallow bowl. Shape dough into 2-teaspoon-size balls and dip in egg white mixture; shake off excess, then roll in walnuts.
- Place 1 inch apart on buttered or cooking parchment-lined 12- by 15-inch baking sheets. Press your thumb into the center of each cookie to make a 1/2-inch-deep indentation.
- Bake cookies in a 300 oven until lightly browned, about 15 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- Carefully fill each indentation with about 1 teaspoon jam (if indentations have disappeared, make them again with the rounded end of a wooden spoon). Return to oven and bake until cookies are golden brown and jam has melted, about 15 minutes longer. With a wide spatula, transfer cookies to racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:6.55, Inflammation Score:-2, Nutrition Score:3.1504348024078%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 147.1kcal (7.35%), Fat: 8.75g (13.47%), Saturated Fat: 3.64g (22.73%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 14.93g (5.43%), Sugar: 7.76g (8.62%), Cholesterol: 18.71mg (6.24%), Sodium: 46.81mg (2.04%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Protein: 1.96g (3.92%), Manganese: 0.36mg (18.01%), Copper: 0.11mg (5.61%), Selenium: 3.43µg (4.9%), Phosphorus: 45.27mg (4.53%), Vitamin B1: 0.07mg (4.47%), Fiber: 0.98g (3.92%), Magnesium: 15.65mg (3.91%), Folate: 14.48µg (3.62%), Vitamin A: 165.91IU (3.32%), Iron: 0.59mg (3.27%), Vitamin B2: 0.05mg (2.78%), Zinc: 0.37mg (2.46%), Vitamin B6: 0.04mg (1.9%), Potassium: 56.53mg (1.62%), Vitamin B3: 0.32mg (1.61%), Vitamin E: 0.23mg (1.51%), Calcium: 14.37mg (1.44%), Vitamin B5: 0.13mg (1.28%), Vitamin C: 0.89mg (1.08%)