



Orange and Pine Nut Thumbprints

 Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons honey
- ☐ 1 tablespoon orange juice
- ☐ 0.3 cup orange marmalade
- ☐ 1 teaspoon orange zest grated

- ☐ 0.8 cup pinenuts finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla

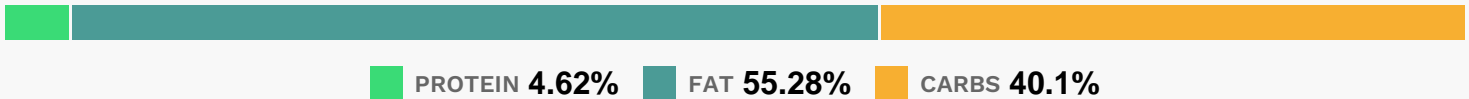
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Line cookie sheets with cooking parchment paper.
- ☐ Place pine nuts in small bowl. In another small bowl, mix honey and orange juice until well blended. Set aside.
- ☐ In medium bowl, beat butter and brown sugar with electric mixer on medium speed until fluffy. Beat in orange peel, vanilla and egg yolk until well blended. On low speed, beat in flour and salt until dough begins to stick together.
- ☐ Shape dough into 1-inch balls. If necessary, flour hands for easier handling.
- ☐ Roll balls in honey mixture, then roll in pine nuts.
- ☐ Place 2 inches apart on cookie sheets. With thumb, make indentation in center of each cookie.
- ☐ Bake 9 to 12 minutes or until cookies are set and edges are golden brown.
- ☐ Remove parchment paper with cookies from cookie sheets to cooling racks. Fill each cookie with 1/2 teaspoon marmalade.
- ☐ Remove cookies from paper.

Nutrition Facts



Properties

Glycemic Index:7.47, Glycemic Load:4.04, Inflammation Score:-2, Nutrition Score:2.9069565469804%

Flavonoids

Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 109.54kcal (5.48%), Fat: 6.94g (10.68%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 11g (4%), Sugar: 6.63g (7.36%), Cholesterol: 8.1mg (2.7%), Sodium: 72.01mg (3.13%), Alcohol: 0.06g (100%), Alcohol %: 0.3% (100%), Protein: 1.3g (2.61%), Manganese: 0.41mg (20.6%), Vitamin B1: 0.06mg (3.93%), Vitamin E: 0.57mg (3.77%), Vitamin A: 185.03IU (3.7%), Copper: 0.07mg (3.47%), Phosphorus: 34.37mg (3.44%), Selenium: 2.29µg (3.26%), Folate: 12.72µg (3.18%), Magnesium: 12.36mg (3.09%), Iron: 0.53mg (2.95%), Vitamin B2: 0.04mg (2.55%), Vitamin B3: 0.51mg (2.53%), Zinc: 0.33mg (2.23%), Vitamin K: 2.3µg (2.19%), Fiber: 0.34g (1.34%), Potassium: 41.05mg (1.17%)