



Peanut Butter and Jelly Sandwich Surprises

 Vegetarian

READY IN



80 min.

SERVINGS



24

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups pillsbury best® all purpose flour
- 0.5 teaspoon baking soda
- 0.5 cup jif® creamy peanut butter
- 1 egg yolk
- 24 servings smucker's® concord grape jelly
- 3 tablespoons milk
- 0.3 teaspoon salt
- 24 servings sugar

- 1 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- oven
- blender
- plastic wrap
- hand mixer
- toothpicks
- cookie cutter

Directions

- In a large bowl combine flour, 1/2 cup plus 1 tablespoon sugar, baking soda and salt; cut in peanut butter and 1/3 cup butter flavored shortening using pastry blender or 2 knives until mixture resembles coarse meal.
- In a small bowl combine milk, egg yolk and vanilla extract; beat with fork until blended.
- Add to flour mixture.
- Transfer mixture to an electric mixer; beat at low speed until well blended. Divide dough in half. Wrap with plastic wrap. Refrigerate at least 1 hour.
- Heat oven to 350 degrees F.
- Roll each half of dough between sheets of plastic wrap to 1/8-inch thickness.
- Cut with 2-1/2-inch heart-shaped cookie cutter.
- Place half the cut-outs 1 inch apart on ungreased baking sheets.
- Place about 1/2 measuring teaspoon jelly in center of each. Top with remaining cutouts. Press edges with fork. Pierce top several times with toothpick.
- Sprinkle tops of cookies lightly with sugar.
- Bake 10 to 11 minutes or until golden brown.
- Sprinkle again with sugar. Cool 2 minutes on baking sheets; transfer to cooling racks to cool completely.

Nutrition Facts

PROTEIN 5.36% FAT 16.65% CARBS 77.99%

Properties

Glycemic Index:10.5, Glycemic Load:20.31, Inflammation Score:-1, Nutrition Score:2.7247826283717%

Nutrients (% of daily need)

Calories: 166.35kcal (8.32%), Fat: 3.13g (4.82%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 32.34g (11.76%), Sugar: 22.38g (24.86%), Cholesterol: 8.32mg (2.78%), Sodium: 77.85mg (3.38%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 2.27g (4.54%), Manganese: 0.14mg (7.07%), Vitamin B3: 1.19mg (5.93%), Folate: 22.21µg (5.55%), Selenium: 3.8µg (5.42%), Vitamin B1: 0.07mg (4.96%), Vitamin B2: 0.07mg (4.3%), Vitamin E: 0.54mg (3.59%), Phosphorus: 35.29mg (3.53%), Iron: 0.58mg (3.22%), Magnesium: 11.89mg (2.97%), Copper: 0.06mg (2.77%), Fiber: 0.69g (2.76%), Vitamin C: 1.76mg (2.13%), Vitamin B6: 0.04mg (1.76%), Potassium: 58.2mg (1.66%), Zinc: 0.23mg (1.53%), Vitamin B5: 0.12mg (1.25%), Calcium: 11.23mg (1.12%)