



Peanut Butter and Jelly Thumbprint Shortbread Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



36

CALORIES



121 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.5 cup creamy peanut butter
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup grape jelly
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 teaspoons vegetable oil
- ☐ 0.7 cup sugar white

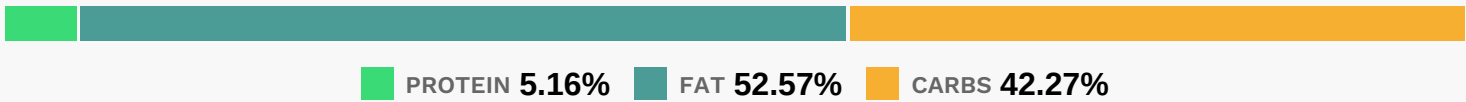
Equipment

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

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C); line a baking sheet with parchment paper.
- ☐ Beat the butter and sugar with an electric mixer in a large bowl until smooth; add the vanilla and continue to beat.
- ☐ Mix in the flour mixture until just incorporated.
- ☐ Roll dough into 1 1/2-inch balls and arrange on prepared baking sheets. Make a small hole in the center of each ball, using your thumb and finger; fill the holes with grape jam.
- ☐ Bake in the preheated oven until lightly browned, about 14 minutes; allow to cool on baking sheet for 1 minute.
- ☐ Put the peanut butter in a microwave-safe bowl, and cook in a microwave oven until soft for 10 – 30 seconds, checking every 10 seconds. Be careful not to overheat the peanut butter; do not let it bubble. Stir the vegetable oil through the heated peanut butter; drizzle over the warm cookies.

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:8.27, Inflammation Score:-2, Nutrition Score:2.0056521581567%

Nutrients (% of daily need)

Calories: 121.09kcal (6.05%), Fat: 7.22g (11.1%), Saturated Fat: 3.64g (22.77%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 12.64g (4.6%), Sugar: 6.39g (7.1%), Cholesterol: 13.56mg (4.52%), Sodium: 57.61mg (2.5%), Alcohol:

0.02g (100%), Alcohol %: 0.09% (100%), Protein: 1.59g (3.19%), Manganese: 0.1mg (5.1%), Vitamin B3: 0.89mg (4.46%), Folate: 16.5µg (4.12%), Vitamin B1: 0.06mg (4.04%), Selenium: 2.68µg (3.83%), Vitamin E: 0.5mg (3.32%), Vitamin A: 157.58IU (3.15%), Vitamin B2: 0.05mg (2.8%), Iron: 0.41mg (2.28%), Phosphorus: 22.06mg (2.21%), Magnesium: 7.91mg (1.98%), Fiber: 0.41g (1.65%), Copper: 0.03mg (1.5%), Vitamin B6: 0.02mg (1.01%)