



Peanut Butter and Jelly Thumbprints

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



105 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 2 large eggs
- ☐ 9 ounces flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup peanut butter
- ☐ 7 tablespoons raspberry jam seedless

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

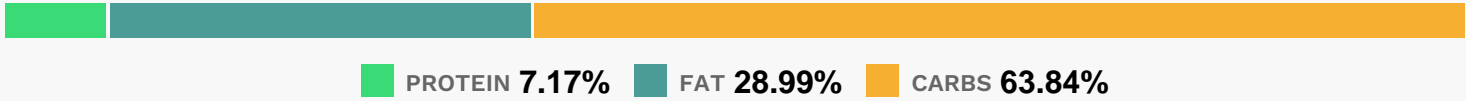
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and salt, stirring well with a whisk; set aside.
- ☐ Place sugars, peanut butter, and butter in a large bowl; beat with a mixer at medium speed until well combined.
- ☐ Add eggs, 1 at a time, beating well after each addition. Beat in vanilla. Gradually add flour mixture to sugar mixture, beating on low speed just until combined.
- ☐ Lightly coat hands with cooking spray. Shape dough into 36 balls (about 2 1/2 teaspoons each).
- ☐ Place balls 2 inches apart on baking sheets lined with parchment paper. Press thumb into center of each dough ball, leaving an indentation. Cover and chill 1 hour.
- ☐ Preheat oven to 35
- ☐ Uncover dough.
- ☐ Bake at 350 for 14 minutes or until lightly browned.
- ☐ Remove cookies from pans, and cool on a wire rack.

- ☐
- Place preserves in a small microwave–safe bowl, and microwave at HIGH 20 seconds, stirring once.
- ☐
- Add juice, stirring until smooth. Spoon about 1/2 teaspoon preserves mixture into the center of each cookie.

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:8.04, Inflammation Score:-1, Nutrition Score:2.1395652469086%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 105.36kcal (5.27%), Fat: 3.46g (5.32%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 16.73g (6.08%), Sugar: 10.46g (11.62%), Cholesterol: 13.72mg (4.57%), Sodium: 48.32mg (2.1%), Alcohol: 0.04g (100%), Alcohol %: 0.17% (100%), Protein: 1.92g (3.85%), Manganese: 0.11mg (5.33%), Selenium: 3.57µg (5.11%), Vitamin B3: 0.91mg (4.53%), Folate: 17.96µg (4.49%), Vitamin B1: 0.06mg (4.17%), Vitamin B2: 0.06mg (3.47%), Iron: 0.49mg (2.74%), Vitamin E: 0.4mg (2.68%), Phosphorus: 26.64mg (2.66%), Magnesium: 8.59mg (2.15%), Copper: 0.03mg (1.69%), Fiber: 0.41g (1.63%), Vitamin B6: 0.03mg (1.33%), Zinc: 0.18mg (1.22%), Vitamin B5: 0.12mg (1.21%), Potassium: 41.77mg (1.19%), Vitamin A: 54.42IU (1.09%)