



Plum Jam Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



101 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 8 ounces butter
- ☐ 1 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup plum preserves
- ☐ 1 pinch salt

☐ 0.3 cup water

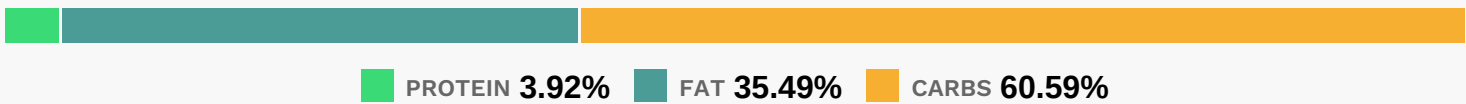
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 375 degrees F(190 degrees C).
- ☐ In a large bowl, cream together the butter and brown sugar. Beat in the egg and water. Sift together the flour, baking powder, and salt; stir into the butter mixture until well blended.
- ☐ On a lightly floured surface, roll out the dough to 1/4 inch thickness.
- ☐ Cut with a 2 inch round cookie cutter. Put half of the cookies onto a cookie sheet and spread 1/2 of a teaspoon of plum jam in the center of each one. With a thimble, or small cookie cutter , cut the center out of the remaining cookies.
- ☐ Place these on top of the jam topped cookies to make sandwiches. Press together.
- ☐ Bake cookies for 10 minutes then remove to a rack to cool.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:6.98, Inflammation Score:-1, Nutrition Score:1.5700000041853%

Nutrients (% of daily need)

Calories: 100.78kcal (5.04%), Fat: 4g (6.15%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 15.08g (5.48%), Sugar: 7.91g (8.79%), Cholesterol: 13.57mg (4.52%), Sodium: 67.89mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.99%), Selenium: 3.17µg (4.53%), Vitamin B1: 0.06mg (4.2%), Folate: 15.69µg (3.92%), Manganese: 0.06mg (2.97%), Vitamin B2: 0.05mg (2.93%), Iron: 0.46mg (2.53%), Vitamin A: 123.03IU (2.46%), Vitamin B3: 0.47mg (2.36%), Phosphorus: 14.74mg (1.47%), Calcium: 12.97mg (1.3%), Fiber: 0.29g (1.16%), Copper: 0.02mg (1.07%)