

Raspberry Hearts

Vegetarian







ANTIPASTI

STARTER

SNACK

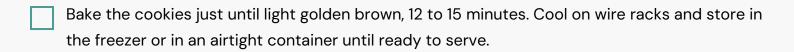
APPETIZER

Ingredients

O.3 cup brown sugar packed
2 egg yolk
2 eggs
2 teaspoons ground cinnamon
1 tablespoon lemon zest
8 ounce raspberry jam seedless
1 pinch salt

2 cups flour all-purpose

	0.8 cup butter unsalted	
H	2 tablespoons water	
Equipment		
	bowl	
	baking sheet	
	sauce pan	
	baking paper	
	oven	
	mixing bowl	
	sieve	
	plastic wrap	
	cookie cutter	
Directions		
	Place eggs (and water to cover) in a medium saucepan. Bring water to a boil, remove from heat and let cool. Peel eggs and remove yolks. Press yolks through a sieve and set aside.	
	Cut the butter into small pieces.	
	Add in the flour, sugar, egg yolks, hard-boiled egg yolks, lemon zest, cinnamon and salt in a mixing bowl.	
	Mix with your hands until the dough holds together and all the ingredients are well blended. Wrap the dough in plastic wrap and refrigerate at least 2 hours.	
	Roll out the dough 1/4-inch thick on a lightly floured surface. Using a 2 1/2 - 3 inch heartshaped cookie cutter, cut out as many hearts as possible. Gather the dough scraps, reroll, and cut out more hearts. Using a smaller heart-shaped cookie cutter, cut out the centers of half the cookies.	
	Preheat the oven to 350 degrees F (175 degrees C). Line baking sheets with parchment paper.	
	Spread each whole heart with a thin coating of raspberry jam. Top with the hearts with cut out centers. Repeat until all the dough has been used.	
	Place the hearts 1 inch apart on the lined baking sheets. Beat the 2 eggs with water in a small bowl and brush lightly over the cookie frames.	



Nutrition Facts

PROTEIN 5.59% FAT 44.11% CARBS 50.3%

Properties

Glycemic Index:5.63, Glycemic Load:9.28, Inflammation Score:-2, Nutrition Score:2.6886956847232%

Nutrients (% of daily need)

Calories: 134.36kcal (6.72%), Fat: 6.61g (10.17%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 16.47g (5.99%), Sugar: 6.87g (7.64%), Cholesterol: 45.09mg (15.03%), Sodium: 12.29mg (0.53%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 1.88g (3.77%), Selenium: 5.79µg (8.27%), Folate: 24.29µg (6.07%), Vitamin B1: 0.09mg (5.86%), Manganese: 0.11mg (5.38%), Vitamin B2: 0.09mg (5.06%), Vitamin A: 219.32IU (4.39%), Iron: 0.67mg (3.71%), Vitamin B3: 0.63mg (3.15%), Phosphorus: 28.09mg (2.81%), Fiber: 0.5g (2%), Vitamin E: 0.26mg (1.76%), Vitamin D: 0.26µg (1.74%), Vitamin B5: 0.16mg (1.61%), Copper: 0.03mg (1.57%), Vitamin C: 1.16mg (1.41%), Calcium: 13.09mg (1.31%), Vitamin B12: 0.07µg (1.23%), Zinc: 0.17mg (1.14%)