



Raspberry Linzer Heart Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



125 kcal

DESSERT

Ingredients

- 0.7 cup powdered sugar
- 1 large egg yolk
- 2.5 cups flour all-purpose
- 0.7 cup raspberry jam
- 0.3 teaspoon salt
- 16 tablespoons butter unsalted at room temperature (2 sticks)
- 1 teaspoon vanilla extract

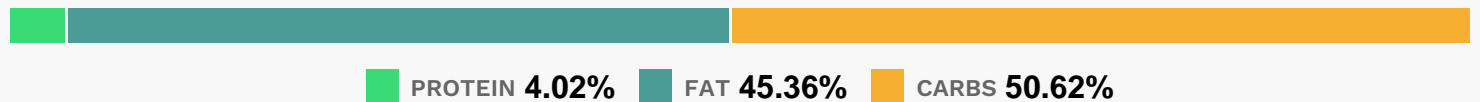
Equipment

- baking sheet
- oven
- spatula

Directions

- Preheat oven to 325F; line 2 baking sheets with parchment. Beat butter and 2/3 cup sugar until fluffy. Beat in egg yolk and vanilla, then flour and salt. Shape dough into 2 disks; wrap 1 in plastic and refrigerate.
- On a floured surface, roll out remaining disk to about a 1/8-inch thickness.
- Cut out cookies with a 2 1/2-inch heart-shaped cutter. Use a smaller heart cutter to cut a window out of half of cookies. With a spatula, carefully transfer cookies to prepared baking sheets. Repeat with remaining dough. Gather scraps and roll out again to make more cookies.
- Bake cookies in batches until edges of cookies are just golden, 10 to 12 minutes.
- Let cool for 5 minutes, then transfer cookies onto wire racks to let cool completely.
- Spread 3/4 tsp. jam over flat side of each cookie that doesn't have a window. Top with remaining cookies, flat side down, so that jam shows through windows. Carefully sift 3 Tbsp. confectioners' sugar over cookies.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:8.57, Inflammation Score:-2, Nutrition Score:2.0086956438811%

Nutrients (% of daily need)

Calories: 125.04kcal (6.25%), Fat: 6.31g (9.71%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 15.49g (5.63%), Sugar: 6.33g (7.03%), Cholesterol: 22.17mg (7.39%), Sodium: 23.16mg (1.01%), Alcohol: 0.05g (100%), Alcohol %: 0.2% (100%), Protein: 1.26g (2.52%), Selenium: 4.09µg (5.84%), Vitamin B1: 0.08mg (5.62%), Folate: 20.94µg (5.24%), Vitamin A: 194.76IU (3.9%), Manganese: 0.08mg (3.76%), Vitamin B2: 0.06mg (3.73%), Vitamin B3: 0.62mg (3.11%), Iron: 0.54mg (3%), Phosphorus: 16.7mg (1.67%), Fiber: 0.36g (1.46%), Vitamin E: 0.2mg (1.35%), Copper: 0.02mg (1.22%)