

Soldier Buttons

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 cup confectioners' sugar
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup strawberry preserves
- ☐ 1 teaspoon vanilla extract

Equipment

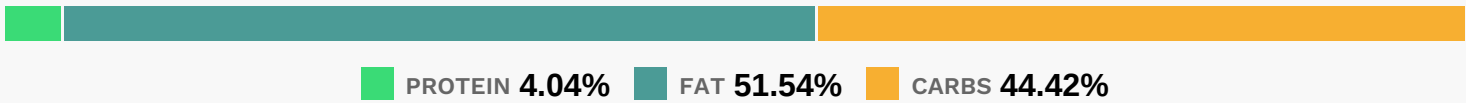
- ☐ baking sheet

☐ oven

Directions

- ☐ Mix together flour, confectioners' sugar, butter or margarine, egg, and vanilla.
- ☐ Shape dough with your hands to 1 1/2 inch rounds, and place on greased cookie sheets. Press your finger in the middle, and fill each hole with jam.
- ☐ Bake at 350 degrees F (175 degrees C) for 12 minutes, or until the bottoms are lightly browned.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:9.43, Inflammation Score:-3, Nutrition Score:2.7173913108266%

Nutrients (% of daily need)

Calories: 184.17kcal (9.21%), Fat: 10.6g (16.31%), Saturated Fat: 6.58g (41.13%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 20.13g (7.32%), Sugar: 8.89g (9.88%), Cholesterol: 36.21mg (12.07%), Sodium: 86.5mg (3.76%), Alcohol: 0.08g (100%), Alcohol %: 0.24% (100%), Protein: 1.87g (3.74%), Selenium: 5.72µg (8.17%), Vitamin B1: 0.11mg (7.43%), Folate: 27.46µg (6.87%), Vitamin A: 328.35IU (6.57%), Vitamin B2: 0.09mg (5.24%), Manganese: 0.1mg (4.9%), Vitamin B3: 0.83mg (4.15%), Iron: 0.72mg (3.98%), Phosphorus: 23.78mg (2.38%), Vitamin E: 0.33mg (2.21%), Fiber: 0.43g (1.71%), Copper: 0.03mg (1.36%), Vitamin B5: 0.11mg (1.13%)