

Sugar Free Sour Cream Linzer Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



71 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup ground almonds
- ☐ 0.5 cup raspberry preserves
- ☐ 0.3 cup cup heavy whipping cream sour

- ☐ 1 cup granulated artificial sweetener
- ☐ 1 teaspoon vanilla extract

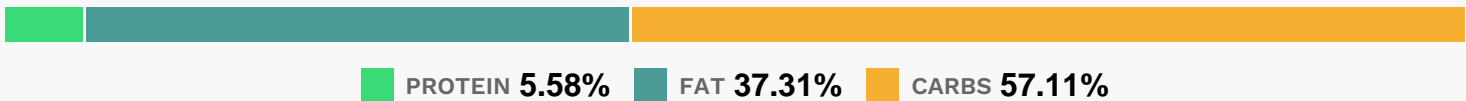
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ In a large mixing bowl , cream together butter and sugar substitute with an an electric mixer. Gradually add egg and vanilla while mixing. Sift together flour, baking powder, and baking soda. Stir in by hand. Finally, stir in sour cream and ground almonds. Divide dough in half and refrigerate for at least 2 hours.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ On a well floured surface, roll out each half of the dough to 1/8 inch thickness.
- ☐ Cut out cookies using a 2 inch round cookie cutter. Using a 3/4 inch star or heart shaped cookie cutter, cut the center from half of all the rounds.
- ☐ Place cookies 1 inch apart on an ungreased cookie sheet and bake in preheated oven for 6 to 8 minutes.
- ☐ Remove cookies from cookie sheet and cool on a wire rack.
- ☐ To assemble: Stir the spreadable fruit until fruit so it is smooth. Spoon 1/2 teaspoonful of fruit onto each of the cookies without the holes. Set a cookie with a hole on top of the fruit layer. Enjoy!

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:5.05, Inflammation Score:-1, Nutrition Score:1.3008695704781%

Nutrients (% of daily need)

Calories: 71.14kcal (3.56%), Fat: 3.77g (5.79%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 8.99g (3.27%), Sugar: 3.41g (3.79%), Cholesterol: 11.32mg (3.77%), Sodium: 34.04mg (1.48%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 1.27g (2.53%), Selenium: 2.64µg (3.77%), Vitamin B1: 0.05mg (3.38%), Folate: 12.62µg (3.16%), Vitamin B2: 0.04mg (2.55%), Iron: 0.41mg (2.27%), Manganese: 0.05mg (2.25%), Vitamin B3: 0.37mg (1.87%), Vitamin A: 88.79IU (1.78%), Fiber: 0.41g (1.65%), Phosphorus: 12.97mg (1.3%), Calcium: 11.89mg (1.19%)