



Thumbprint Cookies

 Dairy Free

READY IN



80 min.

SERVINGS



36

CALORIES



64 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup shortening
- 0.3 cup butter softened
- 0.5 teaspoon vanilla
- 1 eggs separated
- 1 cup flour all-purpose
- 0.3 teaspoon salt
- 0.8 cup nuts finely chopped

1 serving jam

Equipment

bowl

baking sheet

oven

wire rack

Directions

Heat oven to 350°F.

Mix brown sugar, shortening, butter, vanilla and egg yolk in medium bowl. Stir in flour and salt until dough holds together.

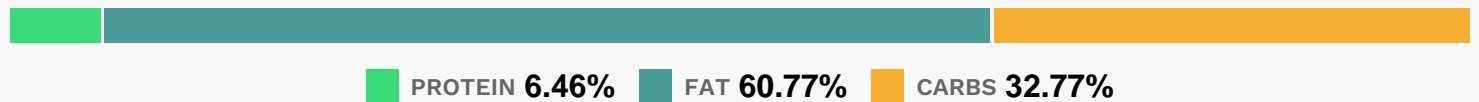
Shape dough into 1-inch balls. Beat egg white slightly. Dip each ball into egg white.

Roll in nuts.

Place about 1 inch apart on ungreased cookie sheet. Press thumb deeply in center of each.

Bake about 10 minutes or until light brown. Immediately remove from cookie sheet to wire rack. Cool completely, about 30 minutes. Fill thumbprints with jelly.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:2.27, Inflammation Score:-1, Nutrition Score:1.3499999953353%

Nutrients (% of daily need)

Calories: 63.64kcal (3.18%), Fat: 4.39g (6.75%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.95g (1.8%), Sugar: 1.77g (1.97%), Cholesterol: 4.55mg (1.52%), Sodium: 33.85mg (1.47%), Alcohol: 0.02g (100%), Alcohol %: 0.19% (100%), Protein: 1.05g (2.1%), Manganese: 0.08mg (4.18%), Vitamin B1: 0.03mg (2.29%), Copper: 0.05mg (2.28%), Selenium: 1.58µg (2.26%), Folate: 8.52µg (2.13%), Phosphorus: 19.75mg (1.98%), Magnesium: 7.87mg (1.97%), Vitamin B2: 0.03mg (1.75%), Vitamin B3: 0.35mg (1.75%), Iron: 0.31mg (1.71%), Fiber: 0.37g (1.48%), Vitamin A: 63.44IU (1.27%), Zinc: 0.16mg (1.03%), Vitamin E: 0.15mg (1.01%)