



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

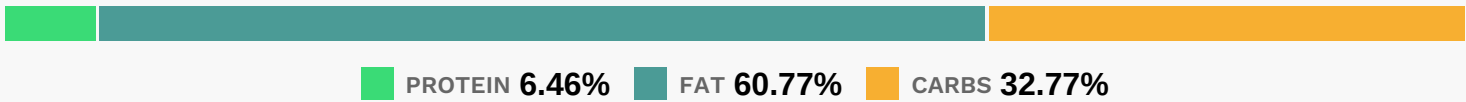
Equipment

- ☐ 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:1.34999999953353%

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 B3: 0.35mg (1.75%), Vitamin B2: 0.03mg (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%)