



Thumbprint Cookies

 Popular

READY IN



55 min.

SERVINGS



30

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 0.5 cup sugar
- ☐ 2 large eggs room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 teaspoon salt
- ☐ 2 cups flour all-purpose
- ☐ 1 cup nuts chopped
- ☐ 0.8 cup jam

Equipment

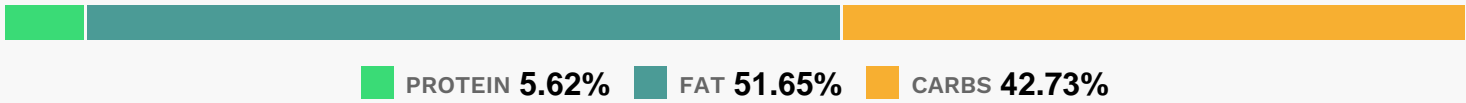
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Make the cookie dough: Beat the butter and sugar on high speed with an electric mixer for about 3 minutes.
- ☐ Separate the eggs.
- ☐ Add the yolks and vanilla extract to the butter mixture. Set aside the egg whites in a separate shallow bowl.
- ☐ Add the flour and salt to the mixing bowl and mix until just combined.
- ☐ Place the dough in the fridge and chill for 30 minutes.
- ☐ Preheat the oven to 350F. Line two baking sheets with parchment paper.
- ☐ Roll the dough into balls about 1 inch in diameter.
- ☐ Place the balls on the parchment-lined cookie sheets spaced a few inches apart.
- ☐ If using nuts, whisk the reserved egg whites until frothy. Dip the dough balls into the egg whites and then roll them into the nuts until covered. Arrange them on the baking sheets a few inches apart.
- ☐ Add the jam: Press down on each ball of dough with your thumb to make a small well in the center of the cookie. Do not press too hard or the cookie will fall apart. Fill with 1/2 teaspoon of jam.
- ☐ and cool:

Bake for 12 to 15 minutes or until slightly firm. Allow to cool for a few minutes on the cookie sheet to firm up before moving them to a wire rack to finish cooling.

Nutrition Facts



Properties

Glycemic Index:7.66, Glycemic Load:10.33, Inflammation Score:-2, Nutrition Score:2.9004348024078%

Nutrients (% of daily need)

Calories: 154.71kcal (7.74%), Fat: 9.02g (13.88%), Saturated Fat: 4.34g (27.1%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 16.05g (5.84%), Sugar: 7.51g (8.34%), Cholesterol: 28.67mg (9.56%), Sodium: 28.45mg (1.24%), Alcohol: 0.05g (100%), Alcohol %: 0.16% (100%), Protein: 2.21g (4.41%), Manganese: 0.15mg (7.75%), Selenium: 4.11µg (5.88%), Vitamin B1: 0.08mg (5.21%), Folate: 20.38µg (5.09%), Vitamin B2: 0.08mg (4.46%), Copper: 0.09mg (4.29%), Vitamin A: 207.81IU (4.16%), Phosphorus: 39.92mg (3.99%), Iron: 0.67mg (3.71%), Vitamin B3: 0.73mg (3.63%), Magnesium: 13.54mg (3.39%), Fiber: 0.75g (3%), Zinc: 0.3mg (1.97%), Vitamin B5: 0.16mg (1.56%), Vitamin E: 0.23mg (1.5%), Potassium: 50.8mg (1.45%), Vitamin B6: 0.03mg (1.28%), Vitamin D: 0.18µg (1.2%), Calcium: 10.05mg (1.01%)