



Thumbprint Cookies I

READY IN



45 min.

SERVINGS



24

CALORIES



99 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 0.5 cup butter softened
- 1 eggs
- 1 cup flour all-purpose
- 0.7 cup jam
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract
- 0.3 cup walnut pieces finely chopped

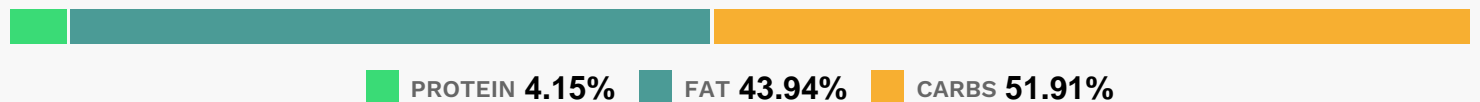
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 300 degrees F. Grease cookie sheets.
- Separate egg, reserving egg white. Cream butter or margarine, sugar, and egg yolk.
- Add vanilla, flour and salt, mixing well.
- Shape dough into balls.
- Roll in egg white, then walnuts.
- Place on cookie sheets about 2 inches apart.
- Bake for 5 minutes.
- Remove cookies from oven. With thumb, dent each cookie. Put jelly or preserves in each thumbprint.
- Bake for another 8 minutes.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:6.42, Inflammation Score:-1, Nutrition Score:1.5595652130635%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 98.66kcal (4.93%), Fat: 4.86g (7.48%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 12.6g (4.58%), Sugar: 6.87g (7.63%), Cholesterol: 16.99mg (5.66%), Sodium: 61.04mg (2.65%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.03g (2.06%), Manganese: 0.08mg (4.16%), Selenium: 2.65µg (3.79%), Folate: 12.79µg (3.2%), Vitamin B1: 0.05mg (3.17%), Vitamin B2: 0.04mg (2.64%), Vitamin A: 128.33IU (2.57%), Iron: 0.37mg (2.07%), Copper: 0.04mg (1.94%), Phosphorus: 16.5mg (1.65%), Vitamin B3: 0.33mg (1.65%), Fiber: 0.33g (1.3%), Vitamin C: 0.85mg (1.03%), Vitamin E: 0.15mg (1.01%)