



## Thumbprint Cookies II

 Vegetarian

READY IN



43 min.

SERVINGS



24

CALORIES



96 kcal

DESSERT

### Ingredients

- 0.3 cup apricot preserves
- 0.3 cup brown sugar packed
- 0.5 cup butter room temperature
- 1 eggs
- 1 cup flour all-purpose
- 0.8 cup pecans finely chopped
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract

## Equipment

- baking sheet
- baking paper
- oven

## Directions

- Preheat oven to 300 degrees F (150 degrees C). Grease 2 baking sheets or line them with parchment paper.
- Separate the egg, reserving the egg white.
- Mix the butter and brown sugar; beat in the egg yolk. Stir in the vanilla.
- Mix in the flour and salt, stirring until well blended.
- Lightly beat the egg white.
- Shape the dough into balls.
- Roll in beaten egg white, then nuts.
- Place the cookies on the baking sheets about 2 inches apart.
- Bake in the preheated oven 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



**PROTEIN 4.65%** **FAT 59.5%** **CARBS 35.85%**

## Properties

Glycemic Index:5.63, Glycemic Load:2.89, Inflammation Score:-1, Nutrition Score:1.9604347834121%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin:

0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 95.93kcal (4.8%), Fat: 6.52g (10.03%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 8.36g (3.04%), Sugar: 3.82g (4.24%), Cholesterol: 16.99mg (5.66%), Sodium: 59.3mg (2.58%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 1.15g (2.29%), Manganese: 0.19mg (9.62%), Vitamin B1: 0.06mg (4.29%), Selenium: 2.6µg (3.71%), Folate: 11.34µg (2.83%), Vitamin A: 136.73IU (2.73%), Copper: 0.05mg (2.71%), Vitamin B2: 0.04mg (2.41%), Iron: 0.39mg (2.19%), Phosphorus: 20.02mg (2%), Fiber: 0.48g (1.91%), Vitamin B3: 0.35mg (1.77%), Zinc: 0.22mg (1.48%), Magnesium: 5.93mg (1.48%), Vitamin E: 0.18mg (1.23%)