

Thumbprint Cookies IV

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



129 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 1 cup butter
- 2 eggs
- 2 cups flour all-purpose
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

- baking sheet

baking paper

oven

Directions

Preheat oven to 350 degrees F (175 degrees C). Line baking sheets with parchment paper.

Separate the eggs.

Cream the butter or margarine with the sugar. Beat in the egg yolks and vanilla. Stir in the flour and the salt.

Shape the dough into small balls and roll in the slightly beaten egg whites then in the chopped nuts. Press thumb in center of cookie to make an indentation.

Bake at 350 degrees F (175 degrees C) for 7 minutes or until lightly brown. Cool then fill with your favorite frosting or jam.

Nutrition Facts



PROTEIN 5.01% **FAT 56.41%** **CARBS 38.58%**

Properties

Glycemic Index:5.21, Glycemic Load:5.75, Inflammation Score:-2, Nutrition Score:2.1908695594124%

Nutrients (% of daily need)

Calories: 128.87kcal (6.44%), Fat: 8.12g (12.49%), Saturated Fat: 4.99g (31.2%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 12.22g (4.44%), Sugar: 4.51g (5.02%), Cholesterol: 33.98mg (11.33%), Sodium: 91.75mg (3.99%), Alcohol: 0.06g (100%), Alcohol %: 0.26% (100%), Protein: 1.62g (3.25%), Selenium: 4.81µg (6.87%), Vitamin B1: 0.08mg (5.58%), Folate: 21.12µg (5.28%), Vitamin A: 256.16IU (5.12%), Vitamin B2: 0.07mg (4.21%), Manganese: 0.08mg (3.77%), Iron: 0.58mg (3.24%), Vitamin B3: 0.63mg (3.14%), Phosphorus: 20.97mg (2.1%), Vitamin E: 0.26mg (1.76%), Vitamin B5: 0.12mg (1.18%), Fiber: 0.28g (1.13%)