



Trios

 Vegetarian

READY IN



300 min.

SERVINGS



42

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons apricot preserves
- 1 large eggs
- 2.5 cups flour all-purpose
- 2 tablespoons raspberry jam seedless
- 1 teaspoon salt
- 2 tablespoons strawberry jam
- 1 cup sugar
- 0.5 pound butter unsalted softened

- 1 teaspoon vanilla extract pure

Equipment

- baking sheet
- baking paper
- oven
- whisk
- plastic wrap
- hand mixer
- wooden spoon

Directions

- Whisk together flour and salt. Beat butter and sugar with an electric mixer until very pale and fluffy, about 4 minutes, then beat in egg and vanilla. At low speed, mix in flour mixture in 3 batches just until a dough forms. Divide dough in half and form each piece into a 6-inch disk, then chill, wrapped in plastic wrap, until firm, about 1 hour.
- Preheat oven to 350°F with rack in middle. Line 2 large baking sheets with parchment paper.
- Roll 3 separate level teaspoons of dough each into a ball, then flatten each ball slightly (to 1 inch wide and less than 1/2 inch thick). Arrange them in a triangle on baking sheet with edges touching in center, then make a deep indentation in center of each round with wooden spoon handle. Make more cookies, arranging them 1 inch apart on baking sheets.
- Fill indentations in each cookie with about 1/88 teaspoon jam (each cookie should have 3 different fillings), avoiding any large pieces of fruit.
- Bake until cookies are baked through and golden-brown on edges, 15 to 20 minutes. Cool on baking sheets 5 minutes, then transfer to racks to cool completely.
- Bake more batches on cooled baking sheets lined with fresh parchment.
- Dough can be chilled up to 2 days.· Cookies keep, layered between sheets of parchment, in an airtight container at room temperature 1 week.

Nutrition Facts



■ PROTEIN 4.13% ■ FAT 43.59% ■ CARBS 52.28%

Properties

Glycemic Index:6.07, Glycemic Load:8.14, Inflammation Score:-1, Nutrition Score:1.42391305514%

Nutrients (% of daily need)

Calories: 93.71kcal (4.69%), Fat: 4.58g (7.05%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 12.15g (4.42%), Sugar: 6.13g (6.81%), Cholesterol: 16.04mg (5.35%), Sodium: 58.85mg (2.56%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 0.98g (1.96%), Selenium: 3.03µg (4.33%), Vitamin B1: 0.06mg (3.96%), Folate: 14.56µg (3.64%), Vitamin A: 143.32IU (2.87%), Vitamin B2: 0.05mg (2.75%), Manganese: 0.05mg (2.65%), Vitamin B3: 0.44mg (2.22%), Iron: 0.38mg (2.13%), Phosphorus: 12.09mg (1.21%)