



## Twin Stars

 Vegetarian

READY IN



45 min.

SERVINGS



65

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 large eggs
- 2 teaspoons egg white lightly beaten
- 2.5 cups flour all-purpose
- 1 teaspoon juice of lemon
- 4 teaspoons lemon zest finely grated
- 1 cup powdered sugar sifted
- 0.3 teaspoon salt
- 0.8 cup strawberry jam

- 1 cup sugar
- 0.5 lb butter unsalted cut into 1/2-inch slices at room temperature
- 1 teaspoon vanilla

## Equipment

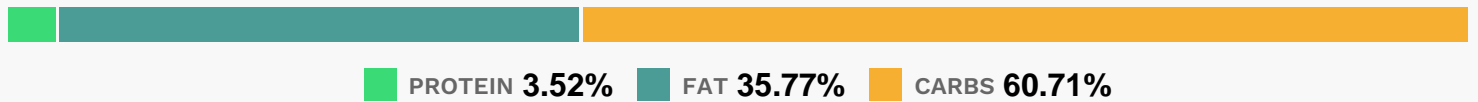
- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk
- sieve
- blender
- pastry brush

## Directions

- In a food processor or bowl, whirl or stir flour, sugar, and salt to blend.
- Add butter; whirl or cut in with a pastry blender until mixture resembles coarse meal.
- In another bowl, whisk the egg, vanilla, lemon peel, and lemon juice to blend.
- Add to flour mixture in food processor or bowl; whirl or stir until the dough forms a ball.
- Divide dough into thirds.
- Roll each portion, between sheets of waxed paper or cooking parchment, into a round 1/8 inch thick. Stack and freeze rounds until firm, about 30 minutes (or chill for about 2 hours).
- Cut out shapes with a floured, 2-inch, 5-point star cutter. Space cookies 1/2 inch apart on buttered or cooking parchment-lined 12- by 15-inch baking sheets.
- Bake cookies in a 325 oven until pale golden at tips, 8 to 10 minutes.
- Transfer to racks to cool. Reduce oven temperature to 15
- In a 1-quart pan over medium heat, stir jam until melted. Push through a fine strainer, discard residue, and return liquid to pan. Bring to a simmer and cook for 2 minutes to thicken, stirring occasionally.

- Let cool just until warm to touch, 7 to 8 minutes. Meanwhile, in a bowl, stir 1/2 cup plus 2 teaspoons powdered sugar and 4 teaspoons water until smooth.
- Brush cookies with jam, then place slightly apart on 12- by 15-inch baking sheets. With a clean pastry brush, paint a thin film of powdered sugar glaze over each cookie to completely cover jam (beginning with the cookies coated earliest with jam).
- Bake cookies until glaze is set and dry, 15 to 18 minutes.
- Transfer to racks to cool.
- In a small bowl, stir remaining 1/2 cup powdered sugar and the egg white until smooth. To assemble cookies, spoon a dot (1/8 teaspoon) of powdered sugar mixture in center of one cookie, then gently press another cookie on top, with star points offset.
- Let cookies stand until icing is set, about 1 hour.
- Serve, store airtight up to 2 days, or freeze.

## Nutrition Facts



### Properties

Glycemic Index:3.08, Glycemic Load:6.27, Inflammation Score:-1, Nutrition Score:0.98695653093898%

### Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg

### Nutrients (% of daily need)

Calories: 73.88kcal (3.69%), Fat: 2.96g (4.56%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 11.13g (4.05%), Sugar: 6.81g (7.57%), Cholesterol: 10.36mg (3.45%), Sodium: 12.1mg (0.53%), Alcohol: 0.02g (100%), Alcohol %: 0.15% (100%), Protein: 0.66g (1.31%), Selenium: 2.04µg (2.91%), Vitamin B1: 0.04mg (2.6%), Folate: 9.73µg (2.43%), Vitamin B2: 0.03mg (1.95%), Vitamin A: 91.41IU (1.83%), Manganese: 0.04mg (1.76%), Iron: 0.26mg (1.45%), Vitamin B3: 0.29mg (1.44%)