



Almond and cranberry shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



350 kcal

DESSERT

Ingredients

- 170 g butter softened cut into smaller pieces
- 125 g powdered sugar
- 2 egg yolk
- 2 tsp juice of lemon
- 190 g flour
- 110 g almonds finely
- 110 g cranberries dried
- 1 handful blanched almonds and coarsely chopped

Equipment

- baking sheet
- baking paper
- oven
- knife
- whisk
- aluminum foil
- cutting board

Directions

- Cream the butter for about 5 minutes until fluffy.
- Add powdered sugar, continue beating until the mixture is shiny and smooth.
- Add the yolks and lemon juice and whisk until fully incorporated.
- Mix flour and almonds and gradually add to the butter mixture.
- Mix until the dough has consistency of a thick paste. Do not overmix (too much mixing makes the cookies hard).
- Add dried cranberries by kneading by hand.
- Divide the dough into two equal parts, shape each part into a 20–22 cm long roll.
- Roll each of the rolls in chopped almonds and/ or pistachios sprinkled over two aluminum sheets long enough to wrap the roll of dough. With fingers lightly press the roll towards the center to remove any air bubbles or cracks from the dough.
- Wrap each roll in foil, twist the ends and place in the refrigerator for several hours, preferably overnight.
- Remove foil from a roll of dough (keep the other cool until use) and place on a cutting board. With a large, sharp knife cut the roll into 5–6 mm wide slices.
- Place the slices well apart, on a baking sheet covered with parchment paper.
- Bake the cookies in the oven preheated to 180C for about 12 min (be careful not to burn them).

Let them cool on the sheet for about 5 minutes, then transfer to a rack or a plate to cool fully. Repeat with the second roll of dough.

Store the cookies in an airtight container.

Nutrition Facts

PROTEIN 5.61% **FAT 51.44%** **CARBS 42.95%**

Properties

Glycemic Index:13.5, Glycemic Load:10.59, Inflammation Score:-5, Nutrition Score:7.7821739130435%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Taste

Sweetness: 100%, Saltiness: 13.72%, Sourness: 5.24%, Bitterness: 3.56%, Savoriness: 4.18%, Fattiness: 74.12%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 349.65kcal (17.48%), Fat: 20.59g (31.68%), Saturated Fat: 9.54g (59.65%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 36.2g (13.16%), Sugar: 20.8g (23.1%), Cholesterol: 75.43mg (25.14%), Sodium: 112.36mg (4.89%), Protein: 5.06g (10.11%), Vitamin E: 3.57mg (23.81%), Manganese: 0.41mg (20.73%), Vitamin B2: 0.25mg (14.73%), Selenium: 9.22µg (13.18%), Vitamin B1: 0.18mg (12.05%), Folate: 45.63µg (11.41%), Fiber: 2.48g (9.94%), Vitamin A: 476.92IU (9.54%), Phosphorus: 92.99mg (9.3%), Magnesium: 35.17mg (8.79%), Iron: 1.45mg (8.03%), Vitamin B3: 1.59mg (7.96%), Copper: 0.15mg (7.62%), Calcium: 42.58mg (4.26%), Zinc: 0.59mg (3.93%), Potassium: 116.29mg (3.32%), Vitamin B5: 0.29mg (2.87%), Vitamin B6: 0.04mg (2.06%), Vitamin K: 2.11µg (2.01%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.19µg (1.3%)