



## Aunty Laura's Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



217 kcal

### Ingredients

- 2 cups butter
- 3 cups flour all-purpose
- 1 cup rice flour white
- 1 cup fructose (fruit sugar)
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### Equipment

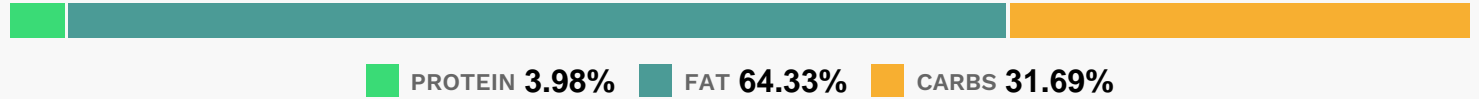
- bowl
- frying pan
- oven

- knife
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cream together butter and sugar.
- Mix in rice flour until well blended.
- Add all-purpose flour.
- Remove from bowl.
- Knead dough for 5 minutes.
- Roll dough out and place in a greased and floured 9 x 13 inch pan.
- Prick the top with a fork.
- Bake 35 minutes or until golden brown and a knife inserted in the middle comes out clean.
- Cut into bars and allow to cool in the pan.

## Nutrition Facts



## Properties

Glycemic Index:8.04, Glycemic Load:12.16, Inflammation Score:-4, Nutrition Score:3.3939130280329%

## Nutrients (% of daily need)

Calories: 216.91kcal (10.85%), Fat: 15.59g (23.98%), Saturated Fat: 9.77g (61.08%), Carbohydrates: 17.28g (5.76%), Net Carbohydrates: 16.69g (6.07%), Sugar: 0.06g (0.07%), Cholesterol: 40.67mg (13.56%), Sodium: 121.95mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Vitamin A: 472.73IU (9.45%), Manganese: 0.19mg (9.33%), Selenium: 6.49µg (9.28%), Vitamin B1: 0.13mg (8.85%), Folate: 29.43µg (7.36%), Vitamin B3: 1.1mg (5.52%), Vitamin B2: 0.09mg (5%), Iron: 0.75mg (4.18%), Vitamin E: 0.46mg (3.04%), Phosphorus: 27.95mg (2.79%), Fiber: 0.58g (2.33%), Vitamin B6: 0.04mg (1.83%), Copper: 0.03mg (1.56%), Magnesium: 6.15mg (1.54%), Vitamin B5: 0.14mg (1.44%), Vitamin K: 1.37µg (1.31%), Zinc: 0.18mg (1.2%)