



Bacon Maple Shortbread

 Popular

READY IN



25 min.

SERVINGS



18

CALORIES



101 kcal

Ingredients

- ☐ 0.5 cup butter room temperature (1 stick)
- ☐ 4 strips bacon crumbled cooked
- ☐ 2 tablespoons cornstarch
- ☐ 1.3 cup flour
- ☐ 0.3 cup maple syrup
- ☐ 0.3 teaspoon salt

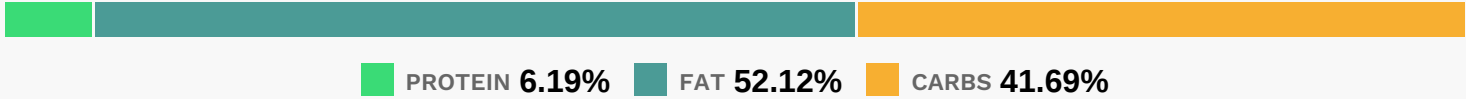
Equipment

- ☐ paper towels
- ☐ oven

Directions

☐ Cook the bacon and set aside on paper towels to drain. Beat the butter and maple syrup until smooth, mix in the flour, cornstarch and salt and then the bacon. Shape the dough as desired and bake in a preheated 350F oven until just lightly golden brown, about 10–12 minutes.

Nutrition Facts



Properties

Glycemic Index:8.97, Glycemic Load:5.89, Inflammation Score:-1, Nutrition Score:2.1286956377975%

Nutrients (% of daily need)

Calories: 100.59kcal (5.03%), Fat: 5.82g (8.96%), Saturated Fat: 3.47g (21.67%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 10.24g (3.72%), Sugar: 2.71g (3.01%), Cholesterol: 15.32mg (5.11%), Sodium: 103.37mg (4.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Manganese: 0.16mg (8.15%), Vitamin B2: 0.11mg (6.23%), Selenium: 3.93µg (5.62%), Vitamin B1: 0.08mg (5.42%), Folate: 16.07µg (4.02%), Vitamin B3: 0.71mg (3.53%), Vitamin A: 158.23IU (3.16%), Iron: 0.43mg (2.39%), Phosphorus: 17.9mg (1.79%), Vitamin E: 0.16mg (1.06%), Zinc: 0.15mg (1.02%)