

Basic Shortbread

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

253 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 2.3 cups unbleached flour with king arthur all-purpose
- ☐ 0.3 teaspoon vanilla extract

Equipment

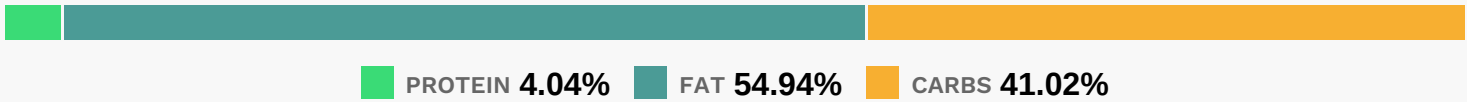
- ☐ baking sheet
- ☐ oven

- ☐ wire rack
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well. Stir in vanilla.
- ☐ Combine flour and salt; gradually add to butter mixture, beating at low speed until blended.
- ☐ Roll dough to 1/2" thickness on a lightly floured surface.
- ☐ Cut with a 2 1/2" round cutter or Christmas cookie cutter.
- ☐ Place 2" apart on an ungreased baking sheet.
- ☐ Bake at 275 for 50 minutes. Cool 2 minutes on baking sheet.
- ☐ Remove to a wire rack to cool.
- ☐ Note: Unbleached flour is the best-quality, freshest flour for baking and is particularly good in simple recipes like shortbread. Other kinds of all-purpose flour work fine in this recipe, too.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:18.76, Inflammation Score:-4, Nutrition Score:3.9508695524672%

Nutrients (% of daily need)

Calories: 253.27kcal (12.66%), Fat: 15.6g (24%), Saturated Fat: 9.76g (61%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 25.57g (9.3%), Sugar: 8.4g (9.34%), Cholesterol: 40.67mg (13.56%), Sodium: 146.42mg (6.37%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Protein: 2.58g (5.16%), Vitamin B1: 0.18mg (12.33%), Selenium: 8.18µg (11.69%), Folate: 43.46µg (10.86%), Vitamin A: 472.73IU (9.45%), Manganese: 0.16mg (8.02%), Vitamin B2: 0.12mg (7.29%), Vitamin B3: 1.39mg (6.96%), Iron: 1.1mg (6.09%), Vitamin E: 0.45mg (3.02%), Phosphorus: 29.86mg (2.99%), Fiber: 0.63g (2.53%), Copper: 0.03mg (1.72%), Magnesium: 5.55mg (1.39%), Vitamin K: 1.39µg (1.33%), Vitamin B5: 0.12mg (1.23%), Zinc: 0.18mg (1.21%)