



Blue Cheese Shortbread Leaves

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



65 kcal

Ingredients

- ☐ 4 ounces cheese blue crumbled
- ☐ 3 tablespoons butter softened
- ☐ 0.3 cup cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

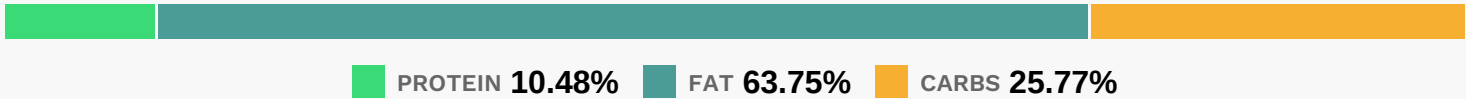
- ☐ food processor

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Place chopped pecans in a single layer on a baking sheet.
- ☐ Bake at 350 for 8 to 10 minutes or until lightly toasted. Cool 30 minutes. Reduce oven temperature to 32
- ☐ Process blue cheese and butter in a food processor 10 to 15 seconds or until creamy, stopping to scrape down sides as needed.
- ☐ Add flour and next 3 ingredients; pulse 9 to 10 times or until the mixture is crumbly.
- ☐ Add toasted pecans; pulse 9 to 10 times or until mixture forms moist clumps.
- ☐ Transfer mixture onto plastic wrap on a flat surface, and gather dough into a ball shape; flatten into a 1-inch-thick disk. Wrap in plastic wrap, and chill 1 hour or until firm.
- ☐ Turn dough out onto a lightly floured surface. Pat or roll to 1/8- to 1/4-inch thickness.
- ☐ Cut with 1 1/2- and 2-inch leaf-shaped cutters.
- ☐ Place on a parchment paper-lined baking sheet.
- ☐ Bake at 325 for 16 to 18 minutes or until light golden brown.
- ☐ Transfer to a wire rack; cool 15 minutes.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:1.77, Inflammation Score:-1, Nutrition Score:1.5939130506114%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg

Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg

Nutrients (% of daily need)

Calories: 65.16kcal (3.26%), Fat: 4.67g (7.19%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.97g (1.44%), Sugar: 0.11g (0.12%), Cholesterol: 8.77mg (2.92%), Sodium: 107.99mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Manganese: 0.11mg (5.38%), Calcium: 32.34mg (3.23%), Phosphorus: 31.1mg (3.11%), Selenium: 2.02µg (2.88%), Vitamin B1: 0.04mg (2.55%), Vitamin B2: 0.04mg (2.37%), Folate: 8.23µg (2.06%), Vitamin A: 96.89IU (1.94%), Zinc: 0.26mg (1.72%), Copper: 0.03mg (1.49%), Vitamin B3: 0.26mg (1.32%), Vitamin B5: 0.13mg (1.3%), Iron: 0.22mg (1.22%), Vitamin B12: 0.07µg (1.21%), Fiber: 0.28g (1.12%), Magnesium: 4.32mg (1.08%)