



Blueberry Shortbread Bites

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



97 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter cold cubed
- ☐ 0.3 cup cornstarch
- ☐ 0.7 cup blueberries dried
- ☐ 1.5 cups flour
- ☐ 1 tablespoon orange zest shredded finely
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar

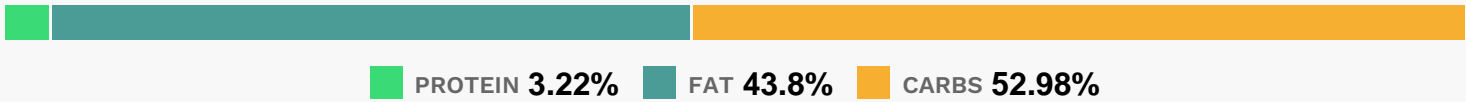
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 35
- ☐ In a food processor, pulse together flour, sugar, cornstarch, orange zest, and salt.
- ☐ Add butter, then pulse until fine and crumbly.
- ☐ Remove bowl from food processor and stir in dried blueberries.
- ☐ Measure 2 tbsp. mixture into each of 36 mini muffin cups*, pressing down firmly.
- ☐ Bake until golden brown, about 15 minutes.
- ☐ Let cool at least a few minutes before serving.
- ☐ *If you don't have mini muffin pans, press 1/4 cup mixture into each of 18 regular muffin cups and bake about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:6.55, Inflammation Score:-1, Nutrition Score:1.2491304330204%

Nutrients (% of daily need)

Calories: 97.25kcal (4.86%), Fat: 4.77g (7.33%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 12.33g (4.49%), Sugar: 6.32g (7.03%), Cholesterol: 12.2mg (4.07%), Sodium: 57.03mg (2.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin B1: 0.05mg (3.31%), Selenium: 2.23µg (3.19%), Folate: 11.67µg (2.92%), Vitamin A: 142.66IU (2.85%), Fiber: 0.64g (2.58%), Manganese: 0.04mg (2.17%), Iron: 0.36mg (2.02%), Vitamin B2: 0.03mg (1.99%), Vitamin B3: 0.37mg (1.87%), Potassium: 35.27mg (1.01%)