

## Bourbon Pecan Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



50 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup confectioners' sugar
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup pecans chopped
- ☐ 0.5 teaspoon vanilla extract

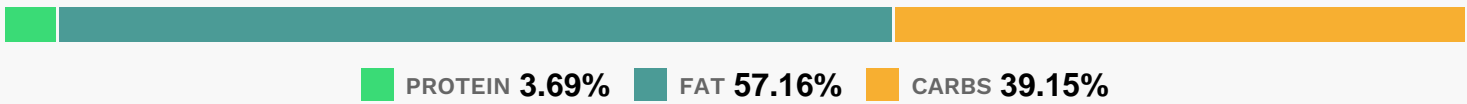
### Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ cutting board

## Directions

- ☐ Grind the nuts with 1/2 cup flour in a food processor. Pulse on and off till the nuts are ground to a fine crumb.
- ☐ Add the rest of the flour and the cornstarch. Pulse to mix.
- ☐ In a separate bowl, cream the butter or margarine.
- ☐ Mix in the confectioners' sugar, vanilla, and bourbon. Work in the flour mixture. Knead the dough until smooth.
- ☐ Lightly spray your shortbread pan, or an 8 inch round pan, with a vegetable oil spray. Firmly press the dough into the pan, working from the center out. Poke the shortbread all over with a fork.
- ☐ Bake at 325 degrees F (165 degrees C) for 35 minutes, or till lightly browned.
- ☐ Let cool for 10 minutes in the pan. Loosen the edges with a knife, and flip the pan over onto a cutting board. Tap lightly to loosen from pan.
- ☐ Cut into serving pieces while still warm.

## Nutrition Facts



## Properties

Glycemic Index:4.17, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:0.78304348602567%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg,

Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg  
Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg,  
Epigallocatechin 3–gallate: 0.02mg

**Nutrients (% of daily need)**

Calories: 49.77kcal (2.49%), Fat: 3.14g (4.82%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 4.83g (1.61%), Net  
Carbohydrates: 4.66g (1.7%), Sugar: 1.68g (1.86%), Cholesterol: 6.78mg (2.26%), Sodium: 20.42mg (0.89%), Alcohol:  
0.16g (100%), Alcohol %: 2.01% (100%), Protein: 0.46g (0.91%), Manganese: 0.06mg (2.91%), Vitamin B1: 0.03mg  
(2.16%), Selenium: 1.26µg (1.8%), Folate: 6.62µg (1.65%), Vitamin A: 79.21IU (1.58%), Vitamin B2: 0.02mg (1.15%),  
Vitamin B3: 0.22mg (1.08%), Iron: 0.18mg (1.02%)