



Brown Sugar Masa Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



161 kcal

DESSERT

Ingredients

- 1 cup firmly brown sugar packed
- 0.5 lb butter at room temperature
- 1 cup flour all-purpose
- 0.3 cup granulated sugar
- 0.3 teaspoon ground cinnamon
- 1 cup dehydrated masa flour (corn tortilla flour; see notes)
- 0.5 cup coconut or dried shredded sweetened
- 1 teaspoon vanilla

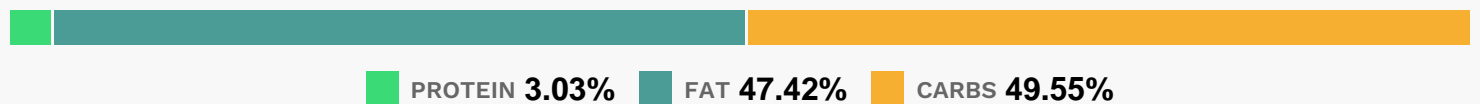
Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- hand mixer

Directions

- In a food processor, whirl coconut until finely ground. Then add butter, brown sugar, vanilla, all-purpose flour, and masa flour and whirl together until smooth. Or, mince coconut with a knife. Then, in a bowl, with an electric mixer on medium speed, beat butter, brown sugar, and vanilla until smooth; stir in coconut, all-purpose flour and masa flour until mixture is no longer crumbly and starts to come together in a ball.
- Press dough evenly into two 9-inch round pans with removable rims. Press edges of dough with fork tines to make a ridge pattern. Then, with fork tines, pierce dough all over in parallel lines 1 inch apart.
- Bake shortbread in a 300 oven until firm to touch and slightly darker brown, about 45 minutes. In a small bowl, mix granulated sugar and cinnamon; sprinkle over hot shortbread.
- Let cool 10 minutes.
- Remove pan rims from warm shortbread.
- Cut each round into 12 wedges. Cool completely on pan bottoms on racks.

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:6.24, Inflammation Score:-2, Nutrition Score:2.159565207265%

Nutrients (% of daily need)

Calories: 160.98kcal (8.05%), Fat: 8.67g (13.34%), Saturated Fat: 5.5g (34.38%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 19.52g (7.1%), Sugar: 11.91g (13.23%), Cholesterol: 20.32mg (6.77%), Sodium: 72.82mg (3.17%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Protein: 1.25g (2.49%), Manganese: 0.12mg (6.2%), Vitamin A: 236.41IU (4.73%), Selenium: 2.9µg (4.14%), Phosphorus: 41.24mg (4.12%), Fiber: 0.86g (3.43%), Vitamin B1: 0.05mg (3.42%), Folate: 10.55µg (2.64%), Iron: 0.47mg (2.6%), Magnesium: 10.23mg (2.56%), Vitamin B3: 0.48mg (2.4%), Vitamin B2: 0.04mg (2.13%), Calcium: 19.17mg (1.92%), Vitamin E: 0.26mg (1.72%), Copper: 0.03mg (1.66%), Vitamin B6: 0.03mg (1.65%), Zinc: 0.21mg (1.41%), Potassium: 45.06mg (1.29%)