



Brown Sugar-Pecan Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



74 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.3 cup cornstarch
- ☐ 0.5 cup brown sugar dark packed
- ☐ 6.8 ounces flour all-purpose
- ☐ 0.3 cup ice water
- ☐ 3 tablespoons pecans toasted finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sugar

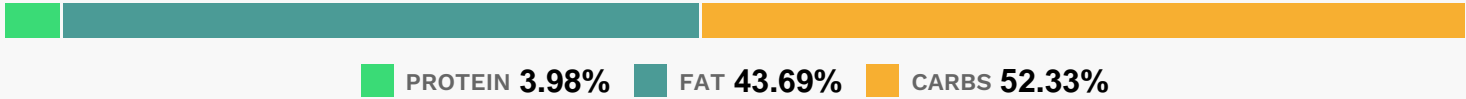
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup
- ☐ serrated knife

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 3 ingredients (through salt), stirring well with a whisk.
- ☐ Place butter and brown sugar in a medium bowl; beat with a mixer at medium speed until light and fluffy (about 1 minute). Gradually add flour mixture, beating at low speed. (- ☐ Mixture will appear crumbly.)
- ☐ Sprinkle ice water over flour mixture; beat at low speed just until combined. Shape the dough into 2 (6-inch-long) logs; wrap each log in plastic wrap. Chill 1 hour or until very firm.
- ☐ Preheat oven to 35
- ☐ Line baking sheets with parchment paper. Unwrap dough; cut each log into 16 slices using a serrated knife.
- ☐ Place dough circles 1 inch apart on prepared baking sheets.
- ☐ Sprinkle tops evenly with turbinado sugar, gently pressing into dough.
- ☐ Bake at 350 for 18 minutes or until lightly browned.
- ☐ Remove from baking sheets; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:4.22, Glycemic Load:3.31, Inflammation Score:-1, Nutrition Score:1.2352173931735%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg 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: 73.54kcal (3.68%), Fat: 3.61g (5.55%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 9.73g (3.24%), Net Carbohydrates: 9.47g (3.44%), Sugar: 4.13g (4.59%), Cholesterol: 7.63mg (2.54%), Sodium: 33.18mg (1.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Manganese: 0.09mg (4.3%), Vitamin B1: 0.05mg (3.55%), Selenium: 2.17µg (3.1%), Folate: 11.29µg (2.82%), Vitamin B2: 0.03mg (1.88%), Iron: 0.33mg (1.85%), Vitamin B3: 0.37mg (1.85%), Vitamin A: 89.16IU (1.78%), Copper: 0.02mg (1.12%), Fiber: 0.26g (1.04%), Phosphorus: 10.18mg (1.02%)