



Brown Sugar Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



74 kcal

DESSERT

Ingredients

- ☐ 7 tablespoons butter softened
- ☐ 3 tablespoons cornstarch
- ☐ 1.3 cups flour all-purpose
- ☐ 1.5 teaspoons ice water
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 teaspoon salt

Equipment

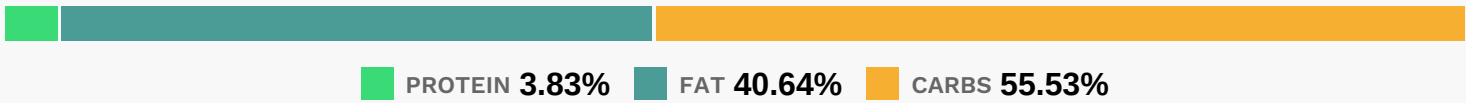
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cornstarch, and salt in a small bowl; stir with a whisk.
- ☐ Place brown sugar and butter in a medium bowl; mix with hands until combined.
- ☐ Add flour mixture, and mix with hands until combined.
- ☐ Sprinkle dough with 1 1/2 teaspoons ice water; knead dough lightly 4 times or just until smooth. Wrap in plastic wrap; refrigerate 30 minutes.
- ☐ Preheat oven to 32
- ☐ Place dough on a baking sheet coated with cooking spray; press dough into an 8 x 5inch rectangle about 3/8-inch thick. Pierce entire surface liberally with a fork.
- ☐ Bake at 325 for 25 minutes or just until set and edges are golden.
- ☐ Cut shortbread into 24 pieces. Cool completely.

Nutrition Facts



Properties

Glycemic Index:5.21, Glycemic Load:3.6, Inflammation Score:-1, Nutrition Score:1.1178260915305%

Nutrients (% of daily need)

Calories: 74.2kcal (3.71%), Fat: 3.38g (5.19%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 10.19g (3.71%), Sugar: 4.47g (4.96%), Cholesterol: 8.78mg (2.93%), Sodium: 52mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Vitamin B1: 0.05mg (3.42%), Selenium: 2.33µg (3.33%), Folate: 12.08µg (3.02%), Manganese: 0.05mg (2.4%), Vitamin A: 102.04IU (2.04%), Vitamin B2: 0.03mg (1.97%),

Vitamin B3: 0.39mg (1.96%), Iron: 0.34mg (1.89%)