



Brown Sugar Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



297 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 1.7 cup flour all-purpose
- ☐ 0.5 cup g muscovado sugar light packed
- ☐ 1 pinch salt
- ☐ 1 cup butter unsalted at room temperature (2 sticks)

Equipment

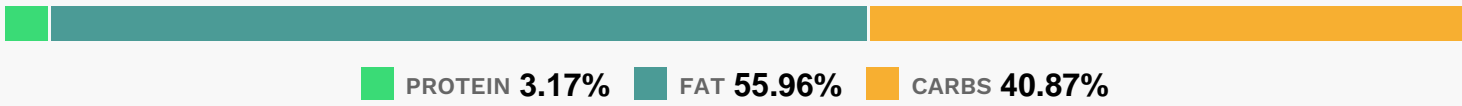
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ hand mixer
- ☐ wooden spoon
- ☐ springform pan

Directions

- ☐ Position a rack in the center of the oven and preheat to 350 degrees. Lightly butter a 9- to 9 1/2 inch springform pan.
- ☐ Beat the butter in a medium bowl with an electric mixer set at high speed until smooth, about 1 minute.
- ☐ Add the sugar and beat until the mixture is light in color and texture, about 2 minutes. Using a wooden spoon, stir in the flour, cornstarch, and salt. Press the dough evenly into the pan. Using the tines of a fork, press around the perimeter of the dough. Prick the dough, reaching down to the bottom of the pan, into 10 equal wedges.
- ☐ Bake until lightly browned, about 30 minutes. Cool completely in the pan.
- ☐ Remove the sides of the pan.
- ☐ Cut the shortbread into wedges, following the perforations in the dough. (The shortbread can be stored in an airtight container for up to 5 day.)
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- ☐ Collins

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:11.5, Inflammation Score:-4, Nutrition Score:4.0121739273486%

Nutrients (% of daily need)

Calories: 296.65kcal (14.83%), Fat: 18.62g (28.64%), Saturated Fat: 11.69g (73.08%), Carbohydrates: 30.6g (10.2%), Net Carbohydrates: 30g (10.91%), Sugar: 10.74g (11.93%), Cholesterol: 48.81mg (16.27%), Sodium: 10.25mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin A: 567.27IU (11.35%), Vitamin B1: 0.16mg (10.98%), Selenium: 7.54µg (10.77%), Folate: 38.92µg (9.73%), Manganese: 0.15mg (7.62%), Vitamin B2: 0.11mg

(6.51%), Vitamin B3: 1.25mg (6.26%), Iron: 1.07mg (5.94%), Vitamin E: 0.54mg (3.59%), Phosphorus: 28.94mg (2.89%), Fiber: 0.6g (2.4%), Vitamin D: 0.34µg (2.27%), Copper: 0.04mg (2.05%), Calcium: 17.79mg (1.78%), Vitamin K: 1.65µg (1.57%), Magnesium: 6.16mg (1.54%), Vitamin B5: 0.13mg (1.31%), Potassium: 42.5mg (1.21%), Zinc: 0.17mg (1.15%)