Brown Sugar Spiced Shortbread

Vegetarian

READY IN	SERVINGS	CALORIES
45 min.	16	98 kcal

DESSERT

Ingredients

- [ ] 3 tablespoons brown sugar
- [ ] 0.5 cup butter
- [ ] 1.3 cups flour all-purpose
- [ ] 0.5 teaspoon ground cinnamon
- [ ] 1 tablespoon sugar white

Equipment

- [ ] bowl
- [ ] baking sheet

- [ ] oven
- [ ] wire rack

Directions

- [ ] Preheat the oven to 325 degrees F (165 degrees C).
- [ ] In a medium bowl, stir together the flour, brown sugar, white sugar and cinnamon.
- [ ] Cut in the butter until the mixture is like fine crumbs. Pack the crumbs into a ball, then knead by hand until smooth. On a lightly floured surface, roll the dough out into an 8 inch circle.
- [ ] Place the circle on a baking sheet, and slice into 16 wedges. Leave the circle intact.
- [ ] Bake for 25 minutes in the preheated oven, or until the center has set.
- [ ] Cut the circle into wedges again while it is still warm, and transfer to a wire rack to cool.

Nutrition Facts

PROTEIN **4.35%** FAT **53.3%** CARBS **42.35%**

Properties

Glycemic Index:12.51, Glycemic Load:5.92, Inflammation Score:-2, Nutrition Score:1.6795652346767%

Nutrients (% of daily need)

Calories: 98kcal (4.9%), Fat: 5.85g (9%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 10.16g (3.7%), Sugar: 2.96g (3.29%), Cholesterol: 15.25mg (5.08%), Sodium: 46.45mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Vitamin B1: 0.08mg (5.14%), Selenium: 3.41µg (4.88%), Folate: 18.11µg (4.53%), Manganese: 0.08mg (3.95%), Vitamin A: 177.46IU (3.55%), Vitamin B2: 0.05mg (2.99%), Vitamin B3: 0.58mg (2.91%), Iron: 0.48mg (2.64%), Phosphorus: 12.38mg (1.24%), Fiber: 0.3g (1.19%), Vitamin E: 0.17mg (1.15%)