

Butter Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar (sometimes called sparkling sugar)
- ☐ 1 cup butter unsalted cold cubed

Equipment

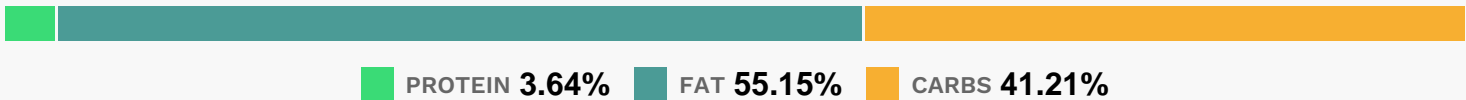
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ cake form
- ☐ stand mixer

Directions

- ☐ Preheat oven to 32
- ☐ Put flour, butter, granulated sugar, and salt in the bowl of a stand mixer.
- ☐ Mix on low speed until blended, then increase to medium and mix until dough is no longer crumbly and just comes together.
- ☐ Press dough evenly into a 9-in. round cake pan.
- ☐ Sprinkle with coarse sugar.
- ☐ Bake until golden brown, 30 to 40 minutes.
- ☐ Cut still-warm shortbread with a fork, tines down, into 16 wedge-shape pieces with shaggy edges. Cool completely, then invert pan onto a work surface and carefully separate cookies.
- ☐ *Find coarse sugar in the baking aisle.
- ☐ Make ahead: Up to 5 days. Store airtight up to 1 week.

Nutrition Facts



Properties

Glycemic Index:13.45, Glycemic Load:14.04, Inflammation Score:-3, Nutrition Score:2.7643478473891%

Nutrients (% of daily need)

Calories: 188.44kcal (9.42%), Fat: 11.69g (17.98%), Saturated Fat: 7.31g (45.7%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 19.23g (6.99%), Sugar: 7.79g (8.65%), Cholesterol: 30.5mg (10.17%), Sodium: 38.29mg (1.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Vitamin B1: 0.12mg (8.22%), Selenium: 5.49µg (7.84%), Folate: 29.02µg (7.25%), Vitamin A: 354.55IU (7.09%), Manganese: 0.11mg (5.38%), Vitamin B2: 0.08mg (4.91%), Vitamin B3: 0.93mg (4.64%), Iron: 0.73mg (4.07%), Vitamin E: 0.34mg (2.26%), Phosphorus: 20.28mg (2.03%), Fiber: 0.42g (1.69%), Vitamin D: 0.21µg (1.42%), Copper: 0.03mg (1.27%)