

# Canadian Shortbread 'Eh

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



188 kcal

DESSERT

## Ingredients

- 2 cups butter softened
- 4.5 cups flour all-purpose
- 1.5 cups brown sugar light packed
- 0.3 cup maple syrup

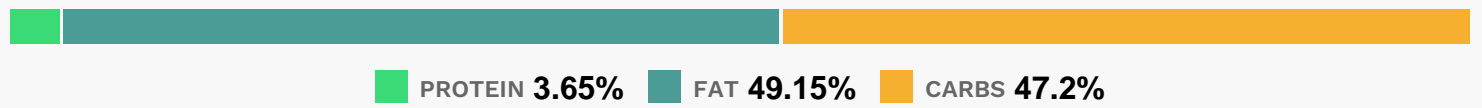
## Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Combine the butter, sugar, flour and maple syrup, blend until smooth.
- On a lightly floured surface roll dough out 1/2 inch thick.
- Cut into desired shapes and place on ungreased cookie sheets.
- Bake at 300 degrees F (150 degrees C) for 20 minutes, watch carefully so as not to overcook.
- Let cookies cool before eating.

## Nutrition Facts



## Properties

Glycemic Index:4.49, Glycemic Load:9.18, Inflammation Score:-3, Nutrition Score:2.9630434539007%

## Nutrients (% of daily need)

Calories: 188.17kcal (9.41%), Fat: 10.38g (15.97%), Saturated Fat: 6.51g (40.66%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 22.01g (8%), Sugar: 10.28g (11.42%), Cholesterol: 27.11mg (9.04%), Sodium: 84.17mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin B1: 0.12mg (8.32%), Manganese: 0.16mg (8.19%), Selenium: 5.53µg (7.9%), Folate: 29.06µg (7.27%), Vitamin B2: 0.11mg (6.46%), Vitamin A: 315.15IU (6.3%), Vitamin B3: 0.94mg (4.7%), Iron: 0.8mg (4.42%), Phosphorus: 20.27mg (2.03%), Vitamin E: 0.3mg (2.01%), Fiber: 0.42g (1.69%), Calcium: 15.42mg (1.54%), Copper: 0.03mg (1.34%), Magnesium: 4.98mg (1.25%), Potassium: 36.97mg (1.06%)