



Cardamom-Semolina Shortbread Cookies

 Vegetarian

READY IN



100 min.

SERVINGS



96

CALORIES



69 kcal

DESSERT

Ingredients

- ☐ 2 large egg yolks
- ☐ 3.3 cups flour all-purpose
- ☐ 2.3 teaspoons ground cardamom
- ☐ 1 teaspoon substitute orange extract
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup semolina flour
- ☐ 1.8 cups sugar
- ☐ 4 sticks butter unsalted softened

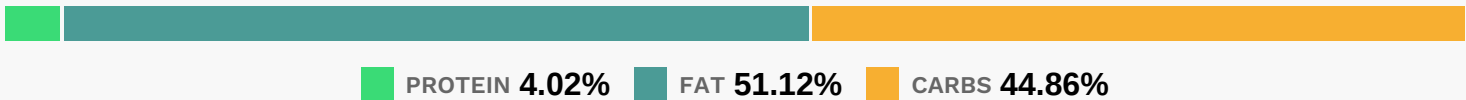
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ wax paper

Directions

- ☐ Sift together both flours and 2 teaspoons cardamom in a large bowl; set aside.
- ☐ Using a mixer, beat the butter, 1 1/4 cups sugar and the salt in a large bowl until light and fluffy. Scrape down the sides of the bowl, then add the egg yolks; mix well.
- ☐ Add the dry ingredients and mix until just incorporated.
- ☐ Mix in the orange-flower water.
- ☐ Divide the dough in half; place each half on a sheet of wax paper. Using the wax paper, roll each piece of dough into a 12-by-1 1/2-inch log. Wrap tightly and chill until firm, at least 1 hour.
- ☐ Preheat the oven to 350 degrees.
- ☐ Mix the remaining 1/2 cup sugar and 1/4 teaspoon cardamom in a bowl. Slice one log of dough into 1/4-inch-thick rounds (keep the remaining log refrigerated). Dip the tops of dough rounds in the cardamom sugar and arrange on ungreased baking sheets; bake until golden brown, 12 to 15 minutes.
- ☐ Place the cookies on a wire rack to cool. Repeat with the remaining log of dough.
- ☐ Photograph by Emily Nathan

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:5.37, Inflammation Score:-1, Nutrition Score:1.1317391341309%

Nutrients (% of daily need)

Calories: 69.21kcal (3.46%), Fat: 3.98g (6.13%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 7.69g (2.79%), Sugar: 3.65g (4.06%), Cholesterol: 13.95mg (4.65%), Sodium: 6.89mg (0.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.41%), Selenium: 2.88µg (4.11%), Vitamin B1: 0.04mg (2.99%), Folate: 10.8µg (2.7%), Manganese: 0.05mg (2.53%), Vitamin A: 122.77IU (2.46%), Vitamin B2: 0.03mg (1.92%), Vitamin B3: 0.33mg (1.66%), Iron: 0.27mg (1.51%)