

Cashew Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



217 kcal

DESSERT

Ingredients

- 0.3 cup cornstarch
- 0.5 cup flour all-purpose
- 3.5 ounces cashew pieces raw
- 0.1 teaspoon salt
- 0.3 cup sugar
- 6 tablespoons butter unsalted softened

Equipment

- food processor

- bowl
- baking sheet
- oven
- knife
- whisk
- baking pan
- hand mixer
- stand mixer
- rolling pin

Directions

- Put oven rack in middle position and preheat oven to 375°F.
- Pulse 1/2 cup nuts in a food processor until finely chopped, being careful not to process to a paste, then transfer to a large shallow baking pan. Toast nuts, stirring every 2 minutes to prevent edges from burning, until pale golden, 6 to 8 minutes. Cool completely in pan.
- Whisk together flour and cornstarch in a bowl.
- Beat together butter and sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 3 minutes in a stand mixer or 5 with a handheld.
- Add toasted ground nuts and salt and beat until combined. Reduce speed to low, then add flour mixture and mix just until a dough forms.
- Form dough into a rectangular block and roll out between 2 (12-inch-long) sheets of parchment with a rolling pin into a 10- by 8-inch rectangle.
- Chill dough in parchment on a baking sheet until firm, about 10 minutes.
- Meanwhile, coarsely chop remaining 1/4 cup nuts.
- Discard top sheet of parchment and sprinkle dough with coarsely chopped nuts.
- Bake until golden, 14 to 16 minutes.
- Transfer shortbread to a rack and cool completely, then break into rough shapes with your hands.
- Cookies keep in an airtight container at room temperature 1 week. For a neater-looking cookie, cut shortbread, while still hot, into 8 (roughly 8- by 1 1/2-inch) cookies with a pizza/pastry wheel or sharp large knife.

Nutrition Facts

PROTEIN 5.7% FAT 56.88% CARBS 37.42%

Properties

Glycemic Index:21.29, Glycemic Load:9.52, Inflammation Score:-3, Nutrition Score:4.6826086983733%

Nutrients (% of daily need)

Calories: 216.69kcal (10.83%), Fat: 14.05g (21.62%), Saturated Fat: 6.37g (39.82%), Carbohydrates: 20.81g (6.94%), Net Carbohydrates: 20.14g (7.32%), Sugar: 7g (7.78%), Cholesterol: 22.58mg (7.53%), Sodium: 39.68mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Copper: 0.29mg (14.42%), Manganese: 0.26mg (13.11%), Magnesium: 38.31mg (9.58%), Phosphorus: 85.2mg (8.52%), Selenium: 5.41µg (7.73%), Vitamin B1: 0.11mg (7.62%), Iron: 1.22mg (6.79%), Vitamin A: 262.39IU (5.25%), Zinc: 0.78mg (5.23%), Vitamin K: 4.99µg (4.75%), Folate: 17.71µg (4.43%), Vitamin B3: 0.6mg (2.99%), Vitamin B2: 0.05mg (2.97%), Vitamin B6: 0.06mg (2.77%), Fiber: 0.67g (2.67%), Potassium: 93.03mg (2.66%), Vitamin E: 0.36mg (2.4%), Vitamin B5: 0.15mg (1.53%), Vitamin D: 0.16µg (1.05%)