

Chai Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



57 kcal

DESSERT

Ingredients

- ☐ 10 tablespoon butter softened
- ☐ 1 Dash ground cloves
- ☐ 6.8 ounces flour all-purpose
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 tablespoon ice water
- ☐ 1 Dash pepper black freshly ground
- ☐ 0.8 cup powdered sugar

☐ 0.1 teaspoon salt

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup
- ☐ serrated knife

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (through pepper), stirring well with a whisk.
- ☐ Place sugar and butter in a medium bowl; beat with a mixer at medium speed until light and fluffy. Gradually add flour mixture to butter mixture, beating at low speed just until combined (mixture will appear crumbly).
- ☐ Sprinkle dough with 1 tablespoon ice water; toss with a fork. Divide dough in half. Shape dough into 2 (6-inch-long) logs; wrap each log in plastic wrap. Chill 1 hour or until very firm.
- ☐ Preheat oven to 37
- ☐ Unwrap dough logs. Carefully cut each log into 18 slices using a serrated knife.
- ☐ Place dough circles 2 inches apart on baking sheets lined with parchment paper.
- ☐ Bake at 375 for 10 minutes. Cool on pans 5 minutes.
- ☐ Remove cookies from pans; cool completely on wire racks.

Nutrition Facts



 PROTEIN **4.07%**  FAT **50.19%**  CARBS **45.74%**

Properties

Glycemic Index:4.64, Glycemic Load:2.94, Inflammation Score:-1, Nutrition Score:0.93739130509936%

Nutrients (% of daily need)

Calories: 57.08kcal (2.85%), Fat: 3.21g (4.94%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 6.42g (2.34%), Sugar: 2.46g (2.74%), Cholesterol: 8.36mg (2.79%), Sodium: 33.34mg (1.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Manganese: 0.06mg (2.83%), Vitamin B1: 0.04mg (2.8%), Selenium: 1.86µg (2.65%), Folate: 9.85µg (2.46%), Vitamin A: 97.26IU (1.95%), Vitamin B2: 0.03mg (1.66%), Vitamin B3: 0.32mg (1.58%), Iron: 0.25mg (1.41%)