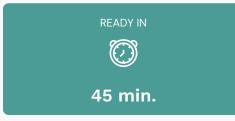


# **Chai Shortbread**

Vegetarian







DESSERT

## Ingredients

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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

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Equipment		
	bowl	
	baking sheet	
	baking paper	
	oven	
	knife	
	whisk	
	blender	
	plastic wrap	
	measuring cup	
	serrated knife	
Di	rections	
	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**

#### **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 %: O% (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%)