



Cheddar-Pecan Shortbread Leaves

 Vegetarian

READY IN



135 min.

SERVINGS



1

CALORIES



1386 kcal

Ingredients

- 3 tablespoons butter softened
- 0.3 cup cornstarch
- 0.5 cup flour all-purpose
- 0.5 teaspoon pepper
- 1 tablespoon half and half
- 0.3 cup pecans chopped
- 0.3 teaspoon salt
- 4 oz sharp cheddar cheese shredded

Equipment

- food processor
- frying pan
- baking sheet
- baking paper
- oven
- wire rack
- plastic wrap

Directions

- Preheat oven to 350
- Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Cool completely (about 20 minutes). Reduce oven temperature to 325
- Process cheese and butter in a food processor 10 to 15 seconds or until creamy, stopping to scrape down sides as needed.
- Add flour and next 3 ingredients; pulse 9 to 10 times or until mixture is crumbly.
- Add toasted pecans; pulse 4 to 5 times or until combined.
- Add half-and-half, and process 10 to 15 seconds or until mixture forms moist clumps.
- Transfer mixture onto plastic wrap on a flat surface; gather dough into a ball, and flatten into a 1-inch-thick disk. Wrap in plastic wrap, and chill 1 hour until firm, or seal wrapped dough in a zip-top plastic freezer bag, and chill up to 3 days.
- Turn dough out onto a floured surface.
- Roll to 1/8- to 1/4-inch thickness.
- Cut with 1 1/2- and 2-inch leaf-shaped cutters.
- Place on parchment paper-lined baking sheets.
- Bake at 325 for 16 to 18 minutes or until golden brown.
- Transfer to a wire rack; let cool 15 minutes.
- Note: You can also freeze thoroughly cooled, baked shortbread leaves in an airtight container. Store in freezer up to 2 weeks.
- TRY THIS TWIST!

Blue Cheese-Pecan Shortbread Leaves: Omit half-and-half. Substitute 1 (4-oz.) container crumbled blue cheese for Cheddar cheese. Prepare recipe as directed, pulsing 9 to 10 times after adding pecans in Step

Nutrition Facts

PROTEIN 10.61% **FAT 64.87%** **CARBS 24.52%**

Properties

Glycemic Index:194, Glycemic Load:35.54, Inflammation Score:-9, Nutrition Score:33.566087116366%

Flavonoids

Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg

Nutrients (% of daily need)

Calories: 1386.45kcal (69.32%), Fat: 101.16g (155.64%), Saturated Fat: 46.77g (292.34%), Carbohydrates: 86.03g (28.68%), Net Carbohydrates: 80.31g (29.2%), Sugar: 2.64g (2.93%), Cholesterol: 208.95mg (69.65%), Sodium: 1606.53mg (69.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.22g (74.45%), Manganese: 2.22mg (110.94%), Calcium: 868.09mg (86.81%), Selenium: 56.51µg (80.72%), Phosphorus: 717.58mg (71.76%), Vitamin B2: 0.9mg (53.01%), Vitamin B1: 0.77mg (51.4%), Vitamin A: 2264.75IU (45.29%), Zinc: 6.37mg (42.49%), Folate: 148.06µg (37.02%), Copper: 0.59mg (29.73%), Iron: 4.27mg (23.72%), Magnesium: 93.36mg (23.34%), Fiber: 5.72g (22.87%), Vitamin B12: 1.3µg (21.7%), Vitamin B3: 4.22mg (21.1%), Vitamin E: 2.42mg (16.13%), Vitamin B5: 1.16mg (11.59%), Potassium: 347.41mg (9.93%), Vitamin B6: 0.19mg (9.69%), Vitamin K: 8.95µg (8.53%), Vitamin D: 0.68µg (4.54%)