



## 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

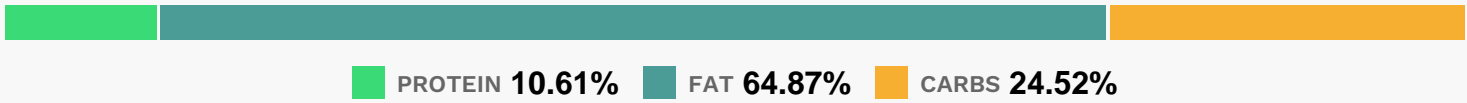
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

## 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



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%)