



## Cheddar Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



84 kcal

## Ingredients

- ☐ 0.5 cup butter melted
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.8 teaspoon mustard dry
- ☐ 1.5 cups flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon salt
- ☐ 2 cups sharp cheddar cheese shredded
- ☐ 0.3 cup sun-dried tomatoes chopped
- ☐ 1 tablespoons optional: water

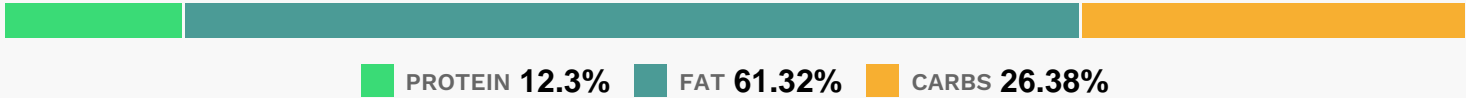
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

## Directions

- ☐ Toss first 7 ingredients together; mix in butter.
- ☐ Mix with your hands to form a dough.
- ☐ Add water if dough feels too dry. On a floured surface, roll out half the dough to 1/4-inch thickness.
- ☐ Cut with a 2 1/2-inch star-shaped cookie cutter and place on an ungreased baking sheet. Reroll scraps and repeat with the remaining dough.
- ☐ Bake at 375 degrees for 10 to 12 minutes.
- ☐ Remove to a rack to cool.

## Nutrition Facts



## Properties

Glycemic Index:8.13, Glycemic Load:3.64, Inflammation Score:-2, Nutrition Score:2.2934782453205%

## Nutrients (% of daily need)

Calories: 83.58kcal (4.18%), Fat: 5.74g (8.83%), Saturated Fat: 3.41g (21.29%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 5.26g (1.91%), Sugar: 0.4g (0.44%), Cholesterol: 15.67mg (5.22%), Sodium: 94.15mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Selenium: 4.47µg (6.39%), Calcium: 56.66mg (5.67%), Phosphorus: 46.19mg (4.62%), Vitamin B2: 0.07mg (4.14%), Vitamin B1: 0.06mg (3.81%), Vitamin A: 185.01IU (3.7%), Folate: 13.86µg (3.47%), Manganese: 0.07mg (3.26%), Zinc: 0.35mg (2.32%), Vitamin B3: 0.46mg (2.31%), Iron: 0.4mg (2.2%), Vitamin B12: 0.09µg (1.44%), Magnesium: 5.53mg (1.38%), Potassium: 46.35mg (1.32%), Copper: 0.03mg (1.28%), Fiber: 0.3g (1.19%), Vitamin E: 0.16mg (1.04%)