



Chocolate Chip Shortbread Cookie Logs

READY IN



60 min.

SERVINGS



48

CALORIES



129 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.5 cup powdered sugar sifted
- 2 cups flour all-purpose
- 2 cups semisweet chocolate chips miniature
- 1 tablespoon shortening
- 1 teaspoon vanilla extract
- 0.8 cup walnut pieces finely chopped

Equipment

- frying pan
- baking sheet
- oven
- double boiler

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- Cream together butter and confectioners' sugar until smooth. Stir in vanilla.
- Mix in the flour, and then one cup of the chocolate chips. Shape dough into 2x1/2 inch logs.
- Place logs 2 inches apart on prepared cookie sheets.
- Bake for 10 to 13 minutes in preheated oven, or until firm.
- Let cookies cool completely before removing from pan (shortbread is brittle).
- Melt the remaining 1 cup chocolate chips and shortening over a double boiler, stirring frequently until smooth. Dip one end of each cookie into the chocolate, then into the nuts.
- Place onto waxed paper until set.

Nutrition Facts



Properties

Glycemic Index:3.02, Glycemic Load:2.9, Inflammation Score:-2, Nutrition Score:2.8082608359501%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 129.36kcal (6.47%), Fat: 9.12g (14.03%), Saturated Fat: 4.79g (29.93%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 9.6g (3.49%), Sugar: 4.92g (5.46%), Cholesterol: 10.76mg (3.59%), Sodium: 31.58mg (1.37%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Caffeine: 8.48mg (2.83%), Protein: 1.46g (2.92%), Manganese: 0.23mg (11.44%), Copper: 0.16mg (7.99%), Magnesium: 21.49mg (5.37%), Iron: 0.92mg (5.11%), Fiber: 1.05g (4.21%), Selenium: 2.74µg (3.91%), Phosphorus: 38.72mg (3.87%), Vitamin B1: 0.05mg (3.37%), Folate: 11.46µg (2.87%), Vitamin A: 123.48IU (2.47%), Zinc: 0.36mg (2.39%), Vitamin B2: 0.04mg (2.07%), Vitamin B3: 0.41mg (2.06%), Potassium: 70.81mg (2.02%), Vitamin E: 0.2mg (1.33%), Vitamin K: 1.25µg (1.19%)