

# Chocolate Chip Shortbread Cookies I

READY IN



45 min.

SERVINGS



36

CALORIES



106 kcal

DESSERT

## Ingredients

- 1 cup butter softened
- 0.5 cup powdered sugar
- 0.5 cup cornstarch
- 1.5 cups flour all-purpose
- 1 cup semi chocolate chips

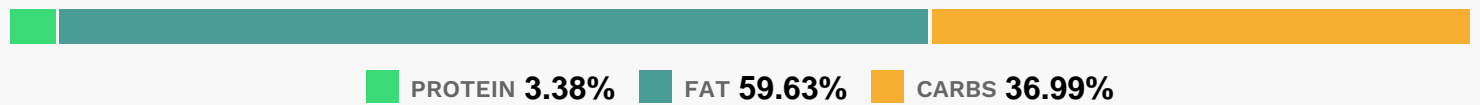
## Equipment

- baking sheet
- oven

## Directions

- With an electric beater, mix together the butter or margarine and the confectioners' sugar.
- Sift together the flour and the corn starch and mix in gradually in the butter mixture.
- Add the chocolate chips.
- Shape dough into little balls of approximately 1 1/4 inch in diameter. Put on a non-greased cookie sheet.
- Bake at 330 degrees F (170 degrees C) for approximately 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:3.47, Glycemic Load:2.88, Inflammation Score:-2, Nutrition Score:1.7247825984074%

## Nutrients (% of daily need)

Calories: 106.38kcal (5.32%), Fat: 7.08g (10.89%), Saturated Fat: 4.35g (27.19%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 9.33g (3.39%), Sugar: 3.48g (3.87%), Cholesterol: 13.86mg (4.62%), Sodium: 41.34mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 0.9g (1.8%), Manganese: 0.1mg (5.14%), Copper: 0.07mg (3.55%), Selenium: 2.31µg (3.3%), Vitamin A: 160.08IU (3.2%), Iron: 0.57mg (3.16%), Vitamin B1: 0.04mg (2.85%), Magnesium: 10.13mg (2.53%), Folate: 9.72µg (2.43%), Fiber: 0.56g (2.23%), Phosphorus: 20.37mg (2.04%), Vitamin B2: 0.03mg (1.8%), Vitamin B3: 0.35mg (1.76%), Vitamin E: 0.18mg (1.19%), Zinc: 0.18mg (1.17%), Potassium: 35.52mg (1.01%)