



Chocolate Chipotle Shortbread

 Vegetarian

READY IN



1500 min.

SERVINGS



16

CALORIES



99 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon chipotle sauce
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.1 teaspoon salt
- ☐ 1 stick butter unsalted softened
- ☐ 0.3 cup cocoa powder unsweetened

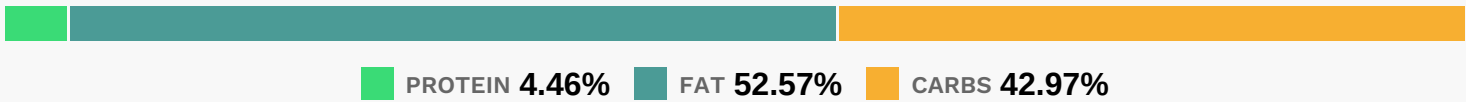
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Whisk together flour, cocoa powder, chile powder, cinnamon, and salt in a bowl.
- ☐ Beat together butter and sugar with an electric mixer at medium speed until pale and fluffy. At low speed, mix in flour mixture until well blended. Divide dough in half and pat out into 2 (7-inch) rounds (1/4 inch thick). Arrange rounds 2 inches apart on an ungreased baking sheet.
- ☐ Cut each round into 8 wedges (do not separate wedges). Prick all over with a fork.
- ☐ Bake until dry to the touch, 16 to 18 minutes. Recut shortbread while hot, then cool on sheet (shortbread will crisp as it cools).
- ☐ Shortbread keeps in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:7.22, Inflammation Score:-2, Nutrition Score:1.9965217301379%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 98.84kcal (4.94%), Fat: 6.01g (9.25%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.27g (3.73%), Sugar: 4.27g (4.75%), Cholesterol: 15.18mg (5.06%), Sodium: 19.56mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.09mg (1.03%), Protein: 1.15g (2.3%), Manganese: 0.12mg (5.81%), Selenium: 2.94µg (4.2%), Vitamin B1: 0.06mg (4.18%), Folate: 14.94µg (3.74%), Vitamin A: 176.68IU (3.53%), Copper: 0.06mg (3.19%), Fiber: 0.79g (3.14%), Iron: 0.56mg (3.1%), Vitamin B2: 0.05mg (2.65%), Vitamin B3:

0.49mg (2.47%), Magnesium: 8.6mg (2.15%), Phosphorus: 20.04mg (2%), Vitamin E: 0.17mg (1.14%), Zinc: 0.15mg (1.03%)