



Chocolate-Dipped Shortbread Cookies

 Dairy Free

READY IN



90 min.

SERVINGS



48

CALORIES



89 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.8 cup powdered sugar
- 1 teaspoon vanilla
- 2.5 cups flour all-purpose
- 1 cup semi chocolate chips
- 2 teaspoons shortening

Equipment

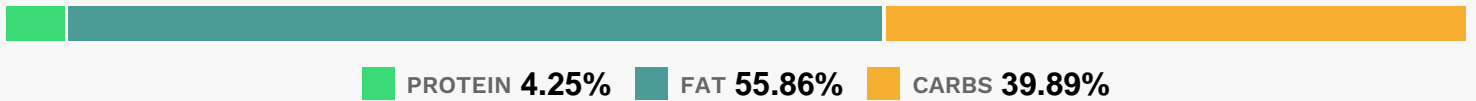
- bowl

- baking sheet
- oven
- wire rack
- cookie cutter
- microwave

Directions

- Heat oven to 350°F. In large bowl, beat butter, powdered sugar and vanilla with spoon. Stir in flour. (If dough is crumbly, mix in 1 to 2 tablespoons butter or margarine, softened.)
- Roll dough 1/2 inch thick on lightly floured surface.
- Cut into small shapes by hand or use cookie cutters.
- Place 1/2 inch apart on ungreased cookie sheet.
- Bake 14 to 16 minutes or until set and bottoms are light golden brown. Immediately remove from cookie sheet to wire rack. Cool completely, about 30 minutes.
- In small microwavable bowl, microwave chocolate chips and shortening uncovered on High 1 to 1 1/2 minutes or until melted; stir until smooth. Dip half of each cooled cookie into melted chocolate.
- Place on waxed paper until chocolate is set. Store covered in container with waxed paper between layers.

Nutrition Facts



Properties

Glycemic Index:1.56, Glycemic Load:3.59, Inflammation Score:-2, Nutrition Score:1.6895652009255%

Nutrients (% of daily need)

Calories: 88.76kcal (4.44%), Fat: 5.51g (8.48%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 8.38g (3.05%), Sugar: 3.24g (3.6%), Cholesterol: 0.22mg (0.08%), Sodium: 45.15mg (1.96%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Caffeine: 3.22mg (1.08%), Protein: 0.94g (1.89%), Manganese: 0.09mg (4.72%), Selenium: 2.53µg (3.62%), Vitamin B1: 0.05mg (3.52%), Vitamin A: 171.04IU (3.42%), Iron: 0.54mg (3%), Folate: 11.96µg (2.99%), Copper: 0.06mg (2.82%), Vitamin B2: 0.04mg (2.13%), Vitamin B3: 0.42mg (2.09%),

Magnesium: 8.18mg (2.05%), Fiber: 0.48g (1.9%), Phosphorus: 17.87mg (1.79%), Vitamin E: 0.19mg (1.23%)