



Chocolate-Dipped Shortbread Fingers

READY IN



45 min.

SERVINGS



8

CALORIES



710 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cup brown sugar packed
- ☐ 2.8 cups chocolate chips mini
- ☐ 2 cups flour
- ☐ 0.3 cup granulated sugar
- ☐ 1 pinch salt
- ☐ 0.5 pound butter unsalted softened (2 sticks)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon vegetable oil

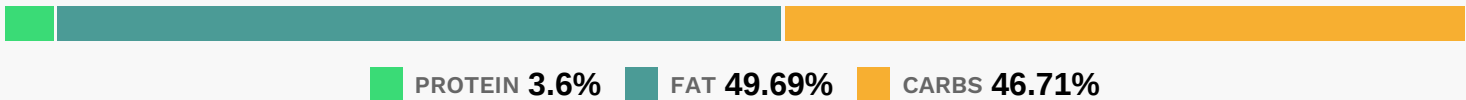
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Preheat oven to 325F. Using an electric mixer, beat butter, sugars and salt for about 1 minute. Beat in vanilla. Reduce speed and add flour in 3 additions, beating just until blended. Stir in 3/4 cup chocolate chips.
- ☐ Transfer dough to an ungreased 13-by-9-inch baking pan. Press dough evenly on bottom of pan with your fingers.
- ☐ Bake until golden brown, about 35 minutes; do not underbake.
- ☐ Let cool for 5 minutes.
- ☐ Cut shortbread in pan, lengthwise and crosswise into quarters, then lengthwise into 32 rectangles.
- ☐ Let cool in pan.
- ☐ Melt remaining chocolate and oil in a small saucepan over low heat, stirring, until smooth. Dip half of each cookie into chocolate; place on wax paper.
- ☐ Let stand until chocolate is set. (Cookies may be made up to 4 days ahead and stored, tightly wrapped, at room temperature.)

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:23.07, Inflammation Score:-5, Nutrition Score:6.73652184787%

Nutrients (% of daily need)

Calories: 710.29kcal (35.51%), Fat: 39.48g (60.74%), Saturated Fat: 23.82g (148.88%), Carbohydrates: 83.51g (27.84%), Net Carbohydrates: 81g (29.45%), Sugar: 56.04g (62.26%), Cholesterol: 70.23mg (23.41%), Sodium: 53.34mg (2.32%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 6.44g (12.88%), Vitamin A: 847.05IU (16.94%), Vitamin B1: 0.25mg (16.45%), Selenium: 11.04µg (15.77%), Folate: 58.13µg (14.53%), Iron: 2.29mg (12.7%), Manganese: 0.22mg (11.05%), Fiber: 2.51g (10.06%), Vitamin B2: 0.17mg (9.75%), Vitamin B3: 1.87mg (9.34%), Calcium: 90.99mg (9.1%), Vitamin E: 0.82mg (5.44%), Vitamin K: 5.2µg (4.96%), Phosphorus: 40.94mg (4.09%), Vitamin D: 0.43µg (2.83%), Copper: 0.05mg (2.73%), Magnesium: 8.3mg (2.07%), Vitamin B5: 0.18mg (1.8%), Zinc: 0.25mg (1.65%), Potassium: 52.97mg (1.51%)