



Chocolate Shortbread Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



336 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 cups butter softened
- 0.7 cup cocoa
- 3.3 cups flour all-purpose
- 1 cup powdered sugar
- 0.3 teaspoon salt

Equipment

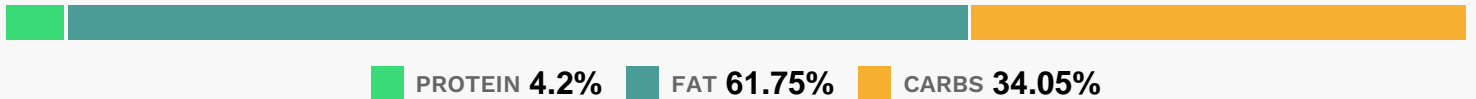
- baking sheet

- baking paper
- oven
- hand mixer

Directions

- Beat butter at medium speed with an electric mixer until creamy: gradually add sugar, beating well.
- Combine flour, baking powder, cocoa, and salt; add to butter mixture, beating at low speed until blended.
- Turn dough out onto a lightly floured surface; roll to 1/8-inch thickness.
- Cut with a floured 3-inch round cutter, and place 1 inch apart on parchment paper-lined baking sheets.
- Bake at 300 for 20 minutes or until edges are lightly browned; remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:13.56, Glycemic Load:14.42, Inflammation Score:-6, Nutrition Score:6.235217358755%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 335.65kcal (16.78%), Fat: 23.76g (36.55%), Saturated Fat: 14.91g (93.21%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 27.45g (9.98%), Sugar: 7.49g (8.32%), Cholesterol: 61.01mg (20.34%), Sodium: 233.46mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.24mg (2.75%), Protein: 3.63g (7.27%), Manganese: 0.32mg (15.78%), Vitamin A: 709.09IU (14.18%), Vitamin B1: 0.21mg (13.91%), Selenium: 9.67µg (13.81%), Folate: 49.65µg (12.41%), Iron: 1.73mg (9.61%), Vitamin B2: 0.15mg (8.73%), Copper: 0.17mg (8.69%), Vitamin B3: 1.63mg (8.14%), Fiber: 2.03g (8.12%), Phosphorus: 63.98mg (6.4%), Magnesium: 24.21mg (6.05%), Vitamin E: 0.68mg (4.52%), Zinc: 0.45mg (3.02%), Potassium: 89.32mg (2.55%), Calcium: 22.75mg (2.27%), Vitamin K: 2.15µg (2.05%), Vitamin B5: 0.15mg (1.54%)