



## Chocolate Shortbread with White Chocolate Sauce

READY IN



110 min.

SERVINGS



24

CALORIES



228 kcal

DESSERT

### Ingredients

- 8 ounces into pieces white shaved chopped
- 1 ounce bittersweet chocolate
- 2 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.8 cup heavy cream
- 2 ounces bittersweet chocolate
- 0.5 cup cup heavy whipping cream sour at room temperature
- 1 cup butter unsalted softened for greasing the baking sheet plus a little extra

## Equipment

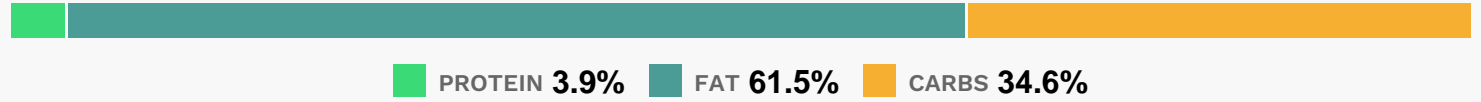
- bowl
- oven
- whisk
- pot
- double boiler
- baking pan
- hand mixer

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- In a small metal bowl, combine the 2 types of chocolate and melt them gently over a pot of simmering water or a double boiler. Cool chocolate to room temperature.
- Make the shortbread dough: In the bowl of an electric mixer fitted with the whisk attachment, combine the butter and sugar. Blend until smooth and "creamed," 3 to 5 minutes.
- Mix in the cooled melted chocolate.
- Sift the flour and add to the butter mixture and blend on low speed to incorporate the flour. Do not over mix .
- Remove the dough from the bowl and refrigerate for a few minutes to chill.
- Make the chocolate sauce: In a medium-sized pot, bring the cream to a gentle simmer.
- Remove the pot from the heat and whisk in the white chocolate pieces. Allow the mixture to sit and cool for a minute. All of the white chocolate should easily melt into the cream.
- Whisk in the sour cream and taste for seasoning. Cook's Note: Sour cream is temperamental when heated, so take care that your mixture never gets overly hot. If so, cool a little before incorporating. Set aside at room temperature.
- Press the shortbread dough evenly into a 9 by 13 by 1-inch greased non-stick baking pan.
- Place in the center of the oven and bake for 35 to 40 minutes until the dough is fairly firm to the touch.

- Remove from the oven and allow the shortbread to cool for about 10 minutes.
- Cut into 12 rectangles, 4 by 2 inches, and then cut diagonally across rectangles to form 24 long triangles for good dipping.
- Arrange shortbread wedges on a tray with the white chocolate sauce in a bowl for dipping.

## Nutrition Facts



## Properties

Glycemic Index:8.96, Glycemic Load:12.56, Inflammation Score:-3, Nutrition Score:3.3504347736421%

## Nutrients (% of daily need)

Calories: 228kcal (11.4%), Fat: 15.79g (24.3%), Saturated Fat: 9.68g (60.52%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 19.41g (7.06%), Sugar: 11.45g (12.72%), Cholesterol: 33.76mg (11.25%), Sodium: 13.64mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.05mg (1.02%), Protein: 2.26g (4.51%), Vitamin A: 380.15IU (7.6%), Selenium: 4.77µg (6.82%), Vitamin B2: 0.11mg (6.23%), Vitamin B1: 0.09mg (6.12%), Manganese: 0.12mg (5.99%), Folate: 20.59µg (5.15%), Phosphorus: 47.32mg (4.73%), Iron: 0.74mg (4.14%), Vitamin B3: 0.73mg (3.64%), Calcium: 34.62mg (3.46%), Copper: 0.07mg (3.42%), Vitamin E: 0.42mg (2.83%), Magnesium: 10.85mg (2.71%), Fiber: 0.58g (2.33%), Potassium: 73.67mg (2.1%), Vitamin K: 2.12µg (2.02%), Zinc: 0.28mg (1.86%), Vitamin D: 0.26µg (1.74%), Vitamin B12: 0.1µg (1.62%), Vitamin B5: 0.16mg (1.59%)