



Christmas Shortbread Cookies

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 1.3 cups brown sugar light packed
- ☐ 4.5 cups flour all-purpose
- ☐ 1 pinch salt
- ☐ 2 cups butter unsalted softened

Equipment

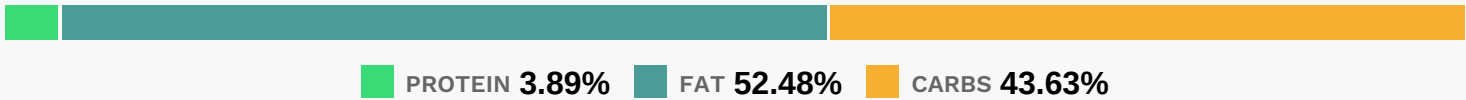
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

☐ stand mixer

Directions

- ☐ Preheat oven to 27
- ☐ Beat all ingredients at medium speed with a heavy-duty electric stand mixer just until combined.
- ☐ Place dough on a lightly floured surface, and roll to 1/8-inch thickness.
- ☐ Cut with a 4 3/4-inch Christmas tree-shape cookie cutter.
- ☐ Place 1 inch apart on ungreased baking sheets.
- ☐ Bake, in batches, at 275 for 15 minutes or until golden brown.
- ☐ Let cool on baking sheets 1 minute.
- ☐ Remove to wire racks, and cool completely (about 5 minutes).

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:15.53, Inflammation Score:-4, Nutrition Score:5.0160869852356%

Nutrients (% of daily need)

Calories: 317.38kcal (15.87%), Fat: 18.69g (28.75%), Saturated Fat: 11.7g (73.15%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 34.21g (12.44%), Sugar: 13.43g (14.92%), Cholesterol: 48.81mg (16.27%), Sodium: 8.85mg (0.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.23%), Vitamin B1: 0.22mg (14.79%), Selenium: 9.93µg (14.18%), Folate: 52.29µg (13.07%), Vitamin A: 567.27IU (11.35%), Manganese: 0.2mg (10.08%), Vitamin B2: 0.15mg (8.63%), Vitamin B3: 1.69mg (8.43%), Iron: 1.41mg (7.82%), Phosphorus: 36.37mg (3.64%), Vitamin E: 0.54mg (3.62%), Fiber: 0.76g (3.04%), Copper: 0.05mg (2.53%), Vitamin D: 0.34µg (2.27%), Calcium: 21.08mg (2.11%), Magnesium: 7.88mg (1.97%), Vitamin B5: 0.17mg (1.66%), Vitamin K: 1.67µg (1.59%), Potassium: 53.83mg (1.54%), Zinc: 0.22mg (1.48%)