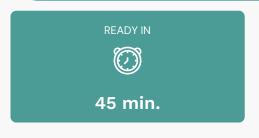


Cinnamon Pecan Shortbread







DESSERT

Ingredients

2 cups flour
0.3 cup cornstarch
1 large egg whites with 1 tablespoon water (for glaze) beaten to blend
O.3 cup brown sugar packed ()
1.3 teaspoons ground cinnamon
1.5 cups grands flaky refrigerator biscuits toasted chopped for wedges, or 36 pecan halves for round cookies
32 servings sugar raw
0.3 teaspoon salt

	0.3 cup sugar	
	1 cup butter unsalted cut into 1/2-inch cubes, room temperature (2 sticks)	
Equipment		
	bowl	
	baking sheet	
	oven	
	whisk	
Directions		
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	Whisk first 6 ingredients in large bowl toblend.	
	Add butter. Mash with back of forkuntil coarse meal forms. Using fingertips,work dough until smooth; shape into disk.Wrap in plastic and chill until firm but nothard, about 30 minutes.	
	Position rack in center of oven; preheatto 325°F. For wedges, shape dough into2 disks.	
	Place on 2 heavy baking sheets;cover with plastic. Flatten to 10-inchrounds.	
	Remove plastic.	
	Brush with glaze.	
	Sprinkle with chopped pecans, then rawsugar; press to adhere. For round cookies, shape dough into 1-inch balls; arrange on 2 heavy baking sheets, spacing 2 inchesapart. Cover smooth-bottomed glass withplastic. Using glass, press each dough ballto 2-inch round.	
	Cut with scalloped cookiecutter, if desired.	
	Brush with glaze; top withpecan half and sprinkle with raw sugar.	
	Bake cookies, 1 sheet at a time, until golden, about 30 minutes for large rounds and 22 minutes for small rounds. Cool large rounds on sheets 10 minutes, then cut each into 16 wedges. Cool all cookies completely on sheets. DO AHEAD: Can be made 3 days ahead. Store airtight at room temperature.	
	*Also called turbinado or demerara sugar; available at most supermarkets and at natural food stores.	

Nutrition Facts

Properties

Glycemic Index:6.69, Glycemic Load:9.84, Inflammation Score:-2, Nutrition Score:2.3956521581049%

Nutrients (% of daily need)

Calories: 157.38kcal (7.87%), Fat: 8.74g (13.45%), Saturated Fat: 4.55g (28.47%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 17.86g (6.49%), Sugar: 6.65g (7.39%), Cholesterol: 15.25mg (5.08%), Sodium: 60.59mg (2.63%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 1.58g (3.17%), Vitamin B1: O.1mg (6.73%), Folate: 23.56µg (5.89%), Manganese: O.12mg (5.85%), Selenium: 3.67µg (5.25%), Vitamin B2: O.08mg (4.75%), Vitamin B3: 0.83mg (4.16%), Iron: 0.72mg (4.02%), Vitamin A: 187.04IU (3.74%), Vitamin E: 0.44mg (2.94%), Phosphorus: 17.87mg (1.79%), Vitamin K: 1.76µg (1.68%), Fiber: 0.41g (1.62%), Copper: 0.02mg (1.22%)