



Citrus Cornmeal Shortbread

 Vegetarian

READY IN



165 min.

SERVINGS



64

CALORIES



53 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.3 cup candied orange peel chopped
- 2 cups flour all-purpose
- 0.3 cup lemon zest chopped
- 0.5 teaspoon lemon zest grated
- 0.5 teaspoon orange zest grated
- 1 cup powdered sugar
- 0.3 teaspoon salt

- 0.3 cup cornmeal yellow
- 2 tablespoons cornmeal yellow

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- hand mixer

Directions

- In large bowl, beat butter, powdered sugar, grated orange peel and grated lemon peel with electric mixer on medium speed until light and fluffy. On medium-low speed, beat in flour, 1/4 cup cornmeal and the salt until blended. Stir in candied orange and lemon peel.
- Shape dough into 2 (8-inch) logs.
- Roll logs in 2 tablespoons cornmeal. Wrap tightly in plastic wrap; refrigerate about 2 hours or until firm.
- Heat oven to 350F. Unwrap dough; cut each log into 1/4-inch slices. On ungreased cookie sheets, place slices 2 inches apart.
- Bake 12 to 14 minutes or until edges are lightly browned.
- Remove from cookie sheets to cooling racks.

Nutrition Facts



PROTEIN 3.98% **FAT 49.57%** **CARBS 46.45%**

Properties

Glycemic Index:4.09, Glycemic Load:2.56, Inflammation Score:-1, Nutrition Score:0.85173911990031%

Nutrients (% of daily need)

Calories: 53.3kcal (2.67%), Fat: 2.97g (4.57%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 6.01g (2.18%), Sugar: 2.51g (2.79%), Cholesterol: 7.63mg (2.54%), Sodium: 32.84mg (1.43%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.07%), Vitamin B1: 0.03mg (2.26%), Selenium: 1.44µg (2.05%), Folate: 7.64µg (1.91%), Vitamin A: 89.11IU (1.78%), Manganese: 0.03mg (1.68%), Vitamin B2: 0.02mg (1.3%), Vitamin B3: 0.26mg (1.29%), Iron: 0.22mg (1.2%), Fiber: 0.26g (1.05%)