



Coconut-Macadamia Nut Shortbread Cookies

READY IN



315 min.

SERVINGS



100

CALORIES



37 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 cup butter softened
- 1 cup coconut or toasted
- 0.3 teaspoon coconut extract
- 2 cups flour all-purpose
- 0.5 cup macadamia nuts finely chopped
- 0.8 cup powdered sugar
- 0.1 teaspoon salt
- 2 teaspoons vanilla extract

Equipment

- baking sheet
- baking paper
- oven
- hand mixer
- wax paper

Directions

- Beat 1 cup softened butter at medium speed with an electric mixer until creamy. Gradually add 3/4 cup powdered sugar, beating until smooth. Stir in toasted coconut, chopped macadamia nuts, and vanilla extract until blended.
- Stir together 2 cups flour, 1/4 tsp. baking powder, and 1/8 tsp. salt.
- Gradually add flour mixture to butter mixture, beating at low speed until blended.
- Shape shortbread dough into 2 (7-inch) logs. Wrap each log in wax paper, and chill 4 hours, or freeze logs in zip-top plastic freezer bags up to 1 month.
- Preheat oven to 350
- If frozen, let logs stand at room temperature 10 minutes.
- Cut each log into 24 slices.
- Place shortbread slices 1 inch apart on lightly greased or parchment paper-lined baking sheets.
- Bake shortbread slices at 350 for 10 to 12 minutes or until edges of slices are golden.
- Remove shortbread from baking sheets, and place on wire racks; let cool completely (about 20 minutes). Store in airtight containers.

Nutrition Facts



PROTEIN 3.83% **FAT 63.65%** **CARBS 32.52%**

Properties

Glycemic Index:2.37, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:0.66347825802539%

Nutrients (% of daily need)

Calories: 36.79kcal (1.84%), Fat: 2.64g (4.06%), Saturated Fat: 1.49g (9.31%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.84g (1.03%), Sugar: 0.98g (1.09%), Cholesterol: 4.88mg (1.63%), Sodium: 18.83mg (0.82%), Alcohol: 0.03g (100%), Alcohol %: 0.56% (100%), Protein: 0.36g (0.71%), Manganese: 0.06mg (2.85%), Vitamin B1: 0.03mg (1.89%), Selenium: 0.98µg (1.4%), Folate: 4.92µg (1.23%), Vitamin A: 56.73IU (1.13%)