



Cook the Book: Jammies

READY IN



45 min.

SERVINGS



22

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 ounces jam
- ☐ 1 teaspoon salt
- ☐ 5.3 ounces sugar
- ☐ 10 ounces flour all-purpose
- ☐ 1 cup butter unsalted (2 stick, 8 ounces)
- ☐ 1 teaspoon vanilla extract

Equipment

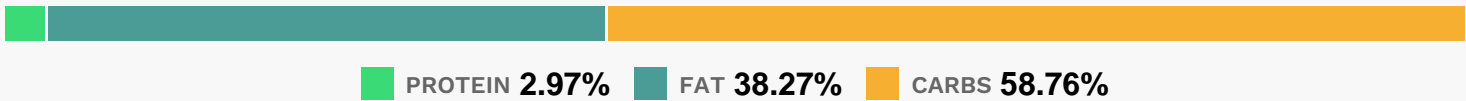
- ☐ bowl

- ☐ oven
- ☐ knife
- ☐ dough scraper

Directions

- ☐ Preheat the oven to 300°F. Lightly grease two 9-inch round cake pans.
- ☐ In a medium-sized bowl, cream together the butter, salt, sugar, and vanilla, then beat in the flour. Divide the dough in half, and press it into prepared pans, smoothing the surface with your fingers. Prick the dough with a fork in an attractive pattern.
- ☐ Bake the shortbread for 35 to 40 minutes, until it's golden brown around the edges.
- ☐ Remove it from the oven and loosen the edges with a heat-resistant plastic knife or table knife. Wait 5 minutes, then carefully turn the shortbread out onto a clean work surface, all in one piece.
- ☐ Using a pizza wheel, baker's bench knife, or sharp knife, cut each round into 12 wedges. (Do this while the shortbread is still warm; if you wait until it's cook, it won't cut easily.)
- ☐ Transfer the wedges to a rack to cool.
- ☐ Crumble two of the shortbread wedges into a small bowl and set aside.
- ☐ Spread the remaining wedges with a thick layer of jam.
- ☐ Sprinkle the reserved crumbs lightly over the jam.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:18.8, Inflammation Score:-2, Nutrition Score:2.5956521513669%

Nutrients (% of daily need)

Calories: 199.4kcal (9.97%), Fat: 8.53g (13.12%), Saturated Fat: 5.32g (33.26%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 28.92g (10.52%), Sugar: 15.88g (17.64%), Cholesterol: 22.18mg (7.39%), Sodium: 113.16mg (4.92%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 1.49g (2.98%), Selenium: 4.89µg (6.98%), Vitamin B1: 0.1mg (6.98%), Folate: 25.95µg (6.49%), Vitamin A: 257.85IU (5.16%), Vitamin B2: 0.08mg (4.87%), Manganese: 0.1mg (4.84%), Iron: 0.7mg (3.87%), Vitamin B3: 0.77mg (3.86%), Fiber: 0.55g (2.21%), Phosphorus: 19.95mg (2%),

Vitamin C: 1.64mg (1.99%), Copper: 0.04mg (1.98%), Vitamin E: 0.27mg (1.8%), Vitamin D: 0.15µg (1.03%)