



Cookie Press Shortbread

 Vegetarian

READY IN



35 min.

SERVINGS



24

CALORIES



116 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 0.5 cup confectioners' sugar
- ☐ 0.5 cup cornstarch
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon vanilla extract

Equipment

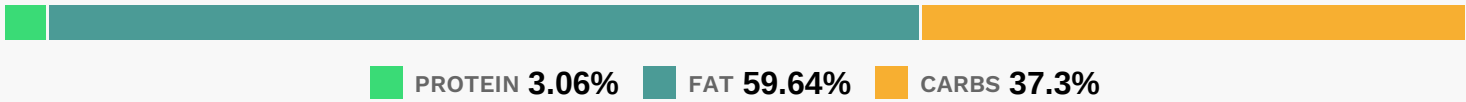
- ☐ baking sheet
- ☐ oven

- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium mixing bowl, cream together butter, confectioners' sugar, and vanilla until smooth with electric mixer. Stir in flour and cornstarch. Pop dough into your cookie press, and away you go! Press cookies out onto ungreased cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven, or until the peaks are golden.

Nutrition Facts



Properties

Glycemic Index:5.21, Glycemic Load:4.32, Inflammation Score:-2, Nutrition Score:1.4582608704982%

Nutrients (% of daily need)

Calories: 116.26kcal (5.81%), Fat: 7.75g (11.92%), Saturated Fat: 4.87g (30.46%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 10.67g (3.88%), Sugar: 2.48g (2.75%), Cholesterol: 20.34mg (6.78%), Sodium: 61.27mg (2.66%), Alcohol: 0.01g (100%), Alcohol %: 0.08% (100%), Protein: 0.89g (1.79%), Vitamin A: 236.36IU (4.73%), Vitamin B1: 0.06mg (4.12%), Selenium: 2.83µg (4.05%), Folate: 14.58µg (3.65%), Manganese: 0.05mg (2.74%), Vitamin B2: 0.04mg (2.49%), Vitamin B3: 0.47mg (2.33%), Iron: 0.38mg (2.1%), Vitamin E: 0.22mg (1.49%), Phosphorus: 11.06mg (1.11%)