



Cranberry-Almond Shortbread

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



218 kcal

DESSERT

Ingredients

- 0.3 cup almonds sliced
- 0.3 cup cranberries dried coarsely chopped
- 1 cup flour all-purpose
- 1 teaspoon orange zest grated
- 0.3 teaspoon salt
- 0.5 cup sugar
- 8 tablespoons butter unsalted at room temperature
- 2 ounces chocolate white melted

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- hand mixer
- aluminum foil
- springform pan
- tart form

Directions

- Preheat oven to 325F; line a baking sheet with foil. Put almonds in a small heavy skillet over medium heat and toast, stirring and watching carefully, until golden brown, about 4 minutes.
- Transfer to a plate to cool.
- In a bowl, using an electric mixer on medium-high speed, beat butter, sugar, zest and salt until light, about 3 minutes. Reduce speed to low and mix in flour.
- Mix in cranberries and almonds.
- Press dough into a 9-inch tart pan with removable bottom or a 9-inch springform pan. Prick all over with a fork. Use a sharp paring knife to cut into 12 wedges. Set pan on top of baking sheet.
- Bake until golden and firm at edges but still a little soft in center, about 30 minutes. Recut into wedges while still warm.
- Let cool completely in pan on a wire rack.
- Remove pan sides and separate wedges.
- Drizzle with melted white chocolate, if desired, and serve.

Nutrition Facts



■ PROTEIN 3.98% ■ FAT 49.47% ■ CARBS 46.55%

Properties

Glycemic Index:22.51, Glycemic Load:16.24, Inflammation Score:-3, Nutrition Score:3.3660869831624%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 217.71kcal (10.89%), Fat: 12.24g (18.83%), Saturated Fat: 6.96g (43.52%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 25.1g (9.13%), Sugar: 15.67g (17.41%), Cholesterol: 25.27mg (8.42%), Sodium: 65mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Manganese: 0.15mg (7.36%), Vitamin B1: 0.11mg (7.17%), Selenium: 4.78µg (6.83%), Vitamin B2: 0.11mg (6.51%), Vitamin E: 0.97mg (6.5%), Folate: 24.68µg (6.17%), Vitamin A: 282.45IU (5.65%), Vitamin B3: 0.89mg (4.43%), Iron: 0.7mg (3.89%), Phosphorus: 37.51mg (3.75%), Fiber: 0.82g (3.27%), Magnesium: 10.03mg (2.51%), Copper: 0.05mg (2.49%), Calcium: 22.76mg (2.28%), Vitamin K: 1.57µg (1.49%), Potassium: 51.26mg (1.46%), Zinc: 0.22mg (1.44%), Vitamin B5: 0.12mg (1.2%), Vitamin D: 0.17µg (1.12%)