



Dark Chocolate-Espresso Shortbread

 Vegetarian

READY IN



56 min.

SERVINGS



1

CALORIES



3722 kcal

DESSERT

Ingredients

- ☐ 3 ounces chocolate baking bar white with ghirardelli)
- ☐ 3 ounces chocolate baking bars unsweetened
- ☐ 0.3 cup cornstarch
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon coffee powder with café bustello) instant
- ☐ 1 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 cup butter unsalted softened

☐ 0.3 cup cocoa unsweetened

Equipment

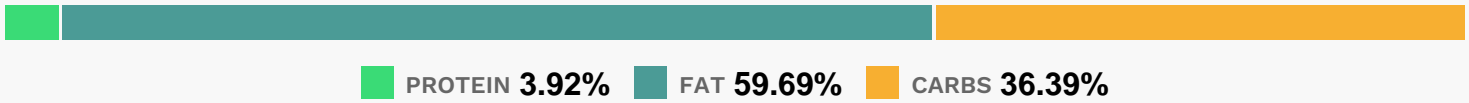
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Combine first 5 ingredients in a medium bowl; set aside.
- ☐ Beat butter at medium speed with an electric mixer until fluffy; gradually add powdered sugar, beating well. Stir in dry ingredients; beat just until blended.
- ☐ Line 2 baking sheets with parchment paper. Divide dough into 3 equal portions.
- ☐ Place 2 portions on opposite ends of 1 baking sheet.
- ☐ Place remaining portion on second baking sheet.
- ☐ Cover dough portions with plastic wrap; gently press or roll each portion of dough into a 5 1/2" circle. Lightly score each round with a sharp knife into 6 or 8 wedges.
- ☐ Bake rounds at 325 for 23 minutes or until shortbread feels firm to the touch. Gently score each round again with a sharp knife. Slide parchment from baking sheets onto wire racks.
- ☐ Let shortbread cool completely on parchment.
- ☐ Cut shortbread into wedges along scored lines.
- ☐ Melt chocolate baking bars separately in small bowls in the microwave according to package directions. Partially dip wide end of each shortbread wedge in unsweetened chocolate.

Place on a wax paper-lined jelly-roll pan, and freeze briefly to set chocolate. Then partially dip other half of wide end of each wedge in white chocolate. Freeze briefly to set white chocolate.

Nutrition Facts



Properties

Glycemic Index:145, Glycemic Load:121.39, Inflammation Score:-10, Nutrition Score:60.603477830472%

Flavonoids

Catechin: 68.65mg, Catechin: 68.65mg, Catechin: 68.65mg, Catechin: 68.65mg Epicatechin: 162.86mg, Epicatechin: 162.86mg, Epicatechin: 162.86mg, Epicatechin: 162.86mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 3722.12kcal (186.11%), Fat: 260.41g (400.63%), Saturated Fat: 162.6g (1016.26%), Carbohydrates: 357.27g (119.09%), Net Carbohydrates: 330.52g (120.19%), Sugar: 169.25g (188.05%), Cholesterol: 505.91mg (168.64%), Sodium: 716.59mg (31.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 148.89mg (49.63%), Protein: 38.45g (76.91%), Manganese: 5.49mg (274.54%), Copper: 3.9mg (195.15%), Iron: 25.56mg (141.99%), Vitamin A: 5698.24IU (113.96%), Magnesium: 438.76mg (109.69%), Fiber: 26.75g (107%), Selenium: 70.77µg (101.1%), Vitamin B1: 1.43mg (95.56%), Phosphorus: 878.11mg (87.81%), Folate: 329.39µg (82.35%), Zinc: 11.62mg (77.45%), Vitamin B2: 1.25mg (73.49%), Vitamin B3: 11.86mg (59.29%), Potassium: 1536.49mg (43.9%), Vitamin E: 6.54mg (43.59%), Calcium: 364.19mg (36.42%), Vitamin K: 32.9µg (31.34%), Vitamin D: 3.4µg (22.7%), Vitamin B5: 1.65mg (16.5%), Vitamin B12: 0.86µg (14.37%), Vitamin B6: 0.17mg (8.59%)