



Emily's Famous Chocolate Shortbread Cookies

READY IN



30 min.

SERVINGS



60

CALORIES



104 kcal

DESSERT

Ingredients

- 2 cups powdered sugar
- 0.5 cup dutch-processed cocoa powder
- 2 eggs
- 3.5 cups flour all-purpose
- 0.5 teaspoon salt
- 1 cup bittersweet chocolate chopped
- 1.5 cups butter unsalted chilled cubed
- 1 teaspoon vanilla extract

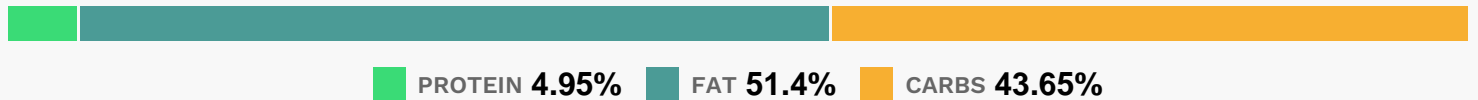
Equipment

- bowl
- baking sheet
- oven
- double boiler
- cookie cutter
- microwave

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, stir together the confectioners' sugar, cocoa, flour and salt until well blended.
- Cut in the butter until lumps are no larger than peas.
- Add eggs and vanilla; mix until a stiff dough forms. It may take a minute to come together.
- On a lightly floured surface, roll out dough to 1/4 inch thickness and cut into desired shapes using cookie cutters. If the dough is too sticky, chill for a little bit.
- Place cookies 2 inches apart onto an ungreased baking sheet.
- Bake for 8 to 10 minutes in the preheated oven, or until the surface appears dry. Allow cookies to cool for a couple minutes on the baking sheet before removing to wire racks to cool completely. When cookies are completely cool, melt the chocolate over a double boiler or in the microwave. Stir frequently until smooth. Dip cookies or drizzle with the chocolate and place on waxed paper to set.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:4.03, Inflammation Score:-2, Nutrition Score:2.1291304217732%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 103.6kcal (5.18%), Fat: 6.03g (9.28%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 10.83g (3.94%), Sugar: 5.03g (5.59%), Cholesterol: 17.83mg (5.94%), Sodium: 22.76mg (0.99%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Caffeine: 4.16mg (1.39%), Protein: 1.31g (2.61%), Manganese: 0.12mg (5.84%), Selenium: 3.35µg (4.79%), Vitamin B1: 0.06mg (3.97%), Copper: 0.08mg (3.82%), Iron: 0.65mg (3.62%), Folate: 14.43µg (3.61%), Vitamin A: 151.2IU (3.02%), Vitamin B2: 0.05mg (2.86%), Fiber: 0.7g (2.78%), Magnesium: 10.61mg (2.65%), Phosphorus: 24.99mg (2.5%), Vitamin B3: 0.47mg (2.37%), Zinc: 0.2mg (1.34%), Vitamin E: 0.17mg (1.13%), Potassium: 38.8mg (1.11%)