



Espresso Shortbread Cookies

READY IN



195 min.

SERVINGS



1

CALORIES



3792 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.5 cup chocolate-covered espresso beans chopped
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon ground espresso beans finely
- ☐ 1 teaspoon sea salt
- ☐ 0.5 cup sugar divided
- ☐ 1 teaspoon vanilla extract

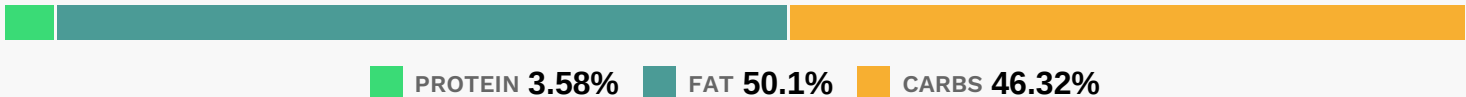
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ stand mixer
- ☐ wax paper

Directions

- ☐ Beat first 3 ingredients at medium speed with a heavy-duty electric stand mixer 2 to 3 minutes or until light and fluffy. Stir in vanilla.
- ☐ Stir together flour and next 2 ingredients in a medium bowl. Gradually add to butter mixture, beating just until blended; stop to scrape bowl as needed. (Do not overmix.)
- ☐ Divide dough in half. Turn 1 dough portion out onto wax paper, and shape into a 10- x 2-inch log.
- ☐ Sprinkle log with 3 Tbsp. Demerara sugar, and roll log back and forth to adhere. Repeat with remaining dough portion and 3 Tbsp. Demerara sugar. Wrap logs in plastic wrap, and chill 2 to 3 hours.
- ☐ Preheat oven to 35
- ☐ Cut chilled dough into 1/4-inch-thick slices, and place 1 inch apart on 2 lightly greased baking sheets.
- ☐ Sprinkle 1 1/2 tsp. Demerara sugar over cookies on each sheet.
- ☐ Bake, in batches, at 350 for 12 to 15 minutes or until golden around edges, switching baking sheets halfway through.
- ☐ Transfer to wire racks; cool 5 minutes.
- ☐ Serve immediately, or cool completely. Store up to 4 days.

Nutrition Facts



Properties

Glycemic Index:195.09, Glycemic Load:207.9, Inflammation Score:-10, Nutrition Score:46.577825981638%

Nutrients (% of daily need)

Calories: 3792.11kcal (189.61%), Fat: 212.37g (326.72%), Saturated Fat: 129.82g (811.35%), Carbohydrates: 441.77g (147.26%), Net Carbohydrates: 428.65g (155.87%), Sugar: 236.43g (262.7%), Cholesterol: 499.1mg (166.37%), Sodium: 3815.7mg (165.9%), Alcohol: 1.38g (100%), Alcohol %: 0.22% (100%), Caffeine: 723.16mg (241.05%), Protein: 34.13g (68.26%), Vitamin B1: 1.99mg (132.64%), Selenium: 90.01µg (128.58%), Folate: 466.86µg (116.71%), Vitamin A: 5672.73IU (113.45%), Manganese: 2.24mg (112.23%), Vitamin B2: 1.56mg (91.83%), Iron: 14.39mg (79.92%), Vitamin B3: 15.36mg (76.82%), Fiber: 13.13g (52.5%), Phosphorus: 440.47mg (44.05%), Copper: 0.86mg (42.96%), Magnesium: 153.03mg (38.26%), Vitamin E: 5.61mg (37.41%), Zinc: 3.13mg (20.84%), Vitamin K: 21.66µg (20.62%), Calcium: 191.86mg (19.19%), Potassium: 650.08mg (18.57%), Vitamin B5: 1.44mg (14.38%), Vitamin B6: 0.15mg (7.51%), Vitamin B12: 0.39µg (6.43%)